

**Psycho-social Factors as Determinants of Stress Level among Undergraduate-athletes in  
Private Universities in Oyo State, Nigeria**

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**Certification**

This is to certify that Ruth Bolanle AJAYI with the matriculation number LCU/PG/000530 carried out this research work titled “Psycho-social Factors as Determinants of Stress Level among Undergraduate-athletes in Private Universities in Oyo State, Nigeria in the Department of Kinesiology, Sports Science and Health Education, Faculty of Arts and Education, Lead City University, Ibadan, Oyo State for the award of Master of Education Degree (M.Ed.) in Psychology and Sociology of Sports and that this has not been previously submitted.

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### **Dedication**

I dedicate this thesis to God Almighty my creator, my strong pillar, my source of inspiration, wisdom, knowledge and understanding. He has been the source of my strength throughout this program and on His wings only have I soared.

This work is also dedicated to late father, Late Elder Gabriel Adedigba, who have always loved education and had wanted me to attain highest height in academics, may his gentle soul continue to rest in peace.

To the Chairman, Governing Council and the Founding Father, Lead City University, Professor Jide Owoeye who pushes me to this greater height and always stand as a father, you will live long in sound mind sir.

To my supervisor, Dr. Esther Oladejo who has been patient with me and has tutor me to be better and good in this work, thank you ma.

To my siblings Deborah, Dare and especially Micheal who despite the distance always encourage me to finish on time and also render his own assistance on this work, I love you all.

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## **Abstract**

The purpose of this study is to investigate the psycho-social determinants of stress level among undergraduate-athletes of private universities in Oyo State, Nigeria and to achieve this; two hundred and thirty-two male and female undergraduate-athletes were used. Purposive sampling techniques were used to select three out of seven private universities in Oyo State and proportional sampling techniques were used to select the respondents, thus 106 respondents were selected from Lead City University, Ibadan, 40 from Kola Daisi University, Ibadan and 86 from Ajayi Crowther University, Oyo. Mixing methods of data collection were used in that the questionnaire was administered by the researcher with the help of four trained research assistants also with online survey system.

Research question were posed and eight hypotheses were postulated to guide the study, descriptive statistics of frequency counts, percentages and charts were used to analyze the demographic data in Section A. Inferential statistics of T-test were used to test hypotheses 1 and 2, Multiple Regression were used to test hypotheses 3-7, while T-test were used to test hypothesis 8. All hypotheses were tested at 0.05 Alpha levels.

The respondents rejected most of the fear of failure as items contributing to psychological determinant of stress level. Respondents also agreed with most of the Self-doubt Scale as items contributing to their psychological determinant factors of stress levels.

There is a significant difference between fear of failure and self-doubt on stress level among undergraduate-athletes; there is a significant difference between relationship with coach and parental pressure on stress level among undergraduate-athletes.

Based on major findings and conclusion, recommendation will be that executives of institutions in conjunction with the sports personnel (such as coaches, trainer, sports psychologist etc.) and parents should plan workshops to assist their athletes, manage psycho-social stress level and in that way, help them balance it.

**Word Count:** 299

**Keywords:** Stress, Fear of failure, Self-doubt, Relationship with coach, Parental pressure

## Table of Contents

Title page	i
Certification	ii
Dedication	iii
Acknowledgement	iv
Abstract	v
Table of Content	vi-viii
List of Tables	ix-x
Lists of Figures	
List of Appendices	
Lists of Acronyms	
Appendixes	
<b>Chapter One: Introduction</b>	
1.1 Background to the Study	1
1.2 Statement of the Problem	7
1.3 Aim and Objectives of the Study	8
1.4 Research Question	9
1.5 Hypotheses	9
1.6 Significance of the Study	10
1.7 Scope of the Study	11
1.8 Limitation to the Study	11
1.9 Operational Definition of Terms	12
<b>Endnotes</b>	14
<b>Chapter Two: Literature Review</b>	

2.1 Conceptual Studies	18
2.1.1 Concept of Stress	19
2.1.2 Stress and Sports Performance	22
2.1.3 Undergraduate-athletes and Stress Level	28
2.1.4 Psychological Determinants of Stress Level in Undergraduate-athletes	30
2.1.5 Social Determinants of Stress Level in Undergraduate-athletes	32
2.1.6 General Overview of Fear of Failure	34
2.1.7 Concept of Self-doubt	36
2.1.8 Coach-athlete Relationship	40
2.1.9 Overview of Parental Involvement	43
<b>2.2 Theoretical Framework</b>	
2.2.1 Erikson's Stages of Psychosocial Development	45
<b>2.3 Review of Empirical Studies</b>	50
2.3.1 Fear of Failure and Stress Level among Undergraduate-athletes	50
2.3.2 Self-doubt and Stress Level among Undergraduate-athletes	55
2.3.3 Coach-athletes Relationship and Stress Level among Undergraduate-athletes	61
2.3.4 Parental Involvement and Stress Level among Undergraduate-athletes	68
2.3.5 Interplay between Gender and Stress Level among Undergraduate-athletes	77
<b>2.4 Conceptual Framework (Model)</b>	81
Endnotes	82
<b>Chapter Three: Methodology</b>	
3.1 Research Design	100
3.2 Population of the Study	100

3.3 Sample and Sampling Techniques	100
3.4 Description of the Research Instruments	101
3.5 Validity of Research Instrument	102
3.6 Reliability of the Research Instrument	102
3.7 Method of Data Collection	102
3.8 Method of Data Analysis	103
<b>Chapter Four: Results and Discussion of Findings</b>	
4.1 Demographic Data Analysis	104
4.2 Presentation of Data	107
4.2.1 Research Questions	107
4.2.2 Hypotheses	108
4.3 Discussion of Findings	119
<b>Chapter Five: Conclusion</b>	
5.1 Summary of Findings	125
5.2 Conclusion	128
5.3 Recommendations	130
5.4 Contribution to Knowledge	131
5.5 Suggested Areas for Further Research	131
<b>Bibliography</b>	133
<b>Appendices</b>	
<b>Appendix I</b>	152
<b>Appendix II</b>	156
<b>Appendix III</b>	157

### List of Tables

Table 4.1.1: Distribution of Participants by Name of Institution

Table 4.1.2: Distribution of Participants by Sex

Table 4.1.3: Distribution of Participants by Age

Table 4.1.4: Distribution of Participants by Level

Table 4.1.5: Distribution of Participants by Type of Sports being engaged in

Table 4.1.6: Distribution of Participants by Years of experience

Table 4.2.1: Fear of failure

Table 4.2.2: Self-doubt Scale

Table 4.2.3: Coach-Athlete Relationship

Table 4.2.4: Parental involvement

Table 4.2.2: Paired sample T test of relationship between psychological determinants (fear of failure and self-doubt) and stress level among undergraduate-athletes of private universities in Oyo State, Nigeria.

Table 4.2.3: Paired sample T test of relationship between social determinants (relationship with coach and parental involvement) and stress level among undergraduate-athletes of private universities in Oyo State, Nigeria.

Table 4.2.4: Regression Analysis of joint contribution of psychological determinants (fear of failure and self-doubt) on stress level among undergraduate-athletes of private universities in Oyo State, Nigeria.

Table 4.2.5: Regression Analysis of relative contribution of fear of failure and self-doubt and level of stress among undergraduate-athletes of private universities in Oyo State, Nigeria.

Table 4.2.6: Regression Analysis of joint contribution of social determinants (relationship with coach and parental involvement) on stress level among undergraduate-athletes of private universities in Oyo State, Nigeria.

Table 4.2.7: Regression Analysis of relative contribution of relationship with coach and parental involvement on stress level among undergraduate-athletes of private universities in Oyo State, Nigeria.

Table 4.2.8: Regression Analysis of composite contribution of psycho-social determinants on stress level among undergraduate-athletes of private universities in Oyo State, Nigeria.

Table 4.2.9: Independent Samples Test of stress levels between male and female undergraduate-athletes of private universities in Oyo State, Nigeria.

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## **List of Appendix**

- I Questionnaire
- II List of all Private Universities in Oyo State, Nigeria
- III Population of undergraduates for Lead City University

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