

PSYCHOPATHOLOGICAL IMPLICATION ON ADOLESCENT'S PARTICIPATION IN JUNIOR SECONDARY SCHOOLS SPORT IN EPE L.G.A OF LAGOS STATE

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ABSTRACT

Adolescence is a fundamental time when health-related behaviors are formed and continue into adulthood. Some benefits of regular physical activity for men and women include bones, muscle, strengthening, and improvement on mental health and mood needs to be developed along with adolescence into the adult. Failure of these factors can result in Psychopathology. Psychopathology is the physical, emotional mental disorder and social disorganization (child neglect). This child neglect is a situation where adults fail to provide the needs of the child, such as the need for food, clothing, hygiene, nurturing, affection, education, medical treatment and isolating the child from interacting with other children around. The effect of Psychopathological in adolescents includes guilt, nightmares, depression, stress, frustration, anxiety and poor academic performance. The study was to determine Psychopathological implication on adolescent's participation in Junior Secondary Schools sport in Epe Metropolis of Lagos State. The survey research design was used for the study and the population includes all Junior Secondary School Students in Epe Metropolis of Lagos State. Four variables were tested for the study; the variables are stress, frustration, anxiety and depression. Twelve items questionnaire were used to glean data for the study. The instrument used was the test re-test method with the reliability of 0.86. Fifty copies of the questionnaire were used on Junior Secondary School Students in Epe Metropolis using Pearson Product Moment Correlation Statistics to test the hypotheses at 0.05 alpha level. The four hypotheses tested contributed to the study. Results showed that Psychopathological factors significantly have implication ($p < 0.05$) on adolescents' participation in sports. Adolescents' self-identification with sports involvement was discovered. It was therefore recommended that there is a need for intervention on adolescents health benefits, orientation for parents and teachers on establish support networks for adolescent's participation in schools sport, developing a sense of self and enhancing motivation for regular physical activity, in order to prevent consequent Psychopathological illnesses among adolescents.

Keywords: Psychopathology, adolescents, stress, frustration, anxiety and depression

INTRODUCTION

In part, due to leisure time, inactivity, obesity and chronic health issues plague the lives of millions of adolescents globally. Studies report that participating in physical activity on a regular basis is a key factor in maintaining good health. Physical activity can enhance the psychopathological and social well-being of the adolescence stage which is the gateway to adulthood. (Commonwealth department of health and family services, 2013).

Psychopathology is concerned with all aspects of psychological disorders and disability of mind. It may include sub normality of intelligence which might likely rest abnormally aggressive or seriously irresponsible conduct. The primary area of psychopathology has been addressed in adolescents sports participation, which reported to be developmental coordination disorder, bulimia nervosa and as a disease of the mind. It has to do with the problem related to emotional development when a child is neglected. This may cause anxiety, fear, depression, stress and frustration. These are pathological symptoms of sport and exercise behaviors that lead to poor sports performance and excessive exercise (Adeogun, 2004).

Neglect in childhood as a predictor of psychopathology in children and adolescents are at risk for a range of poor mental health outcomes. Psychopathology is the physical, emotional maltreatment of a child. Which can also result to child been frustrated, stressful and depressed as an act of commission or omission by a parent, teachers or another care giver that resulted in harm, potential harm or threat of harm to a child. The incidence of child neglect can occur at home, in the organization, school or at the community where the adolescents live. This can be in the form of neglect, in physical by not provided good diet, low Physical activity levels from School and psychological/emotional by overstress. Child neglect can be perceived as the failure to act on the part of the parent or guardian and School authorities which might likely result in psychopathological implication on adolescents' participation in the sport that can lead to a poor performance in adult athletes since adolescence is a gateway to adulthood. (Berger, 2010).

Eya (2005) describes psychopathology as various forms of maltreatment to a child or adolescents, in a situation whereby the adolescent is subjected to the serious physical injury inflicted upon him/her by other than accidental means. It is an incidence of suffering by reason of neglect, malnutrition, lack of necessary basic physical care, or growing up under conditions which threaten his or her physical, emotional, social and mental wellness. This may increase the risk of low physical activity participation among adolescents. In addition, may be barriers to adolescents' participation due to psychopathological factors, which physical activities relevant to disease prevention of their lives and to improve sports performance in adulthood will be denied.

Findings from regional studies on child neglect have suggested that adults' involvement in abused of a child is drastically declining which led to disease of mind in adolescents' participation in sports and physical inactivity. Majority of junior secondary school students in the south-west region, Nigeria were affected by psychopathological factors. In addition, it indicated that parents economic status contributed to child been denied social right and cause social disorganization. (Adeniyi, Okafor & Adeniyi, 2016).

According to (Martin, & Murtagh, 2015) stated that approximately 20% of adolescents with pathological level for a considerable percentage (4%–12% for males and 0.4%–3.5% for females) of low family background in North part of Nigeria. Because pathological factors can be personal adjust and adolescents can improve in sports participation, as well as having favourable effect with the high-mindedness of sport. Further research is needed to identify the prevalence and optimal intervention orientation for pathological factors among students. Despite its high prevalence for child neglect and mental disorder in the low-income country. (Mojisola, & Oladimeji, 2017) depression and stress have been the subject of psychopathology and sports studies with students. Recently, findings on students suggest that female students experience higher levels of child neglect which led to depression and stress than male students, due to some ethnic groups culture in Nigeria, that discriminate from female child male child.

Understanding the context where psychopathological factors affect adolescents' sports participation, could impact a more targeted approach to implement physical, psychological and emotional promotion in adolescent years and to adult years. Therefore, the problem of this study is to examine the psychopathological implication on adolescents' participation in junior secondary school sports in Epe metropolis of Lagos state.

METHODOLOGY

The study utilized a descriptive survey design, the population includes students of junior secondary schools in Epe metropolis. Data were collected from a stratified random sample of fifty respondents from five junior secondary school students in Epe metropolis. The schools are; Epe junior secondary grammar school, Ogunmodede junior secondary School, Okemagba high junior secondary school, Nazareth college junior secondary school, and St Patrick junior secondary school. The study was to determine the psychopathological implication on adolescent's sports participation. The study provided answers to the following statement, that child neglect as an effect of psychopathology which results to stress, frustration, anxiety and depression will not have implication on adolescents' sport participation, was used to test the research hypotheses as follow: There will be no significant difference between stress and adolescent's sport participation. There will be no significant difference between frustration and adolescent's sports participation. There will be no significant difference between anxiety and adolescent's sports participation. There will be no significant difference between depression and adolescent's sports participation. The research instrument for the study was made of a structured questionnaire. The research instrument was comprised of twelve items questionnaire used to glean data in describing the variable characteristics of hypotheses.

The questionnaire entails two sections. Section A consists of demographic data of the responses of the respondents on the variables tested for the study. The questionnaire administered was retrieved and used in all computations. The reliability of 0.88 was obtained test re-test method on ten students at MOCPEd International Junior secondary school. Descriptive statistics of Pearson Product Moment Correlation was used to test the hypotheses at 0.05 alpha level.

Table 1: Demographic data of the respondents in junior secondary schools in Epe Metropolis

Sex	Frequency	Percentage
Male	15	30%
Female	35	70%
	50	100

Religion	Frequency	Percentage
Christian	20	40%
Muslim	30	60%
	50	100%

The above table reveals that 30% of the respondents were male while 70% were female. Also, 40% were Christian and 60% were Muslim.

Table 2: Pearson Product Moment Correlation analysis on stress will not significantly affect adolescent's sport participation

Hypothesis		Calculated correlation	Remark
Stress on adolescent's sport participation	Pearson correlation	1	
	Sig(2-tailed)	.000	Accepted
	N	50	

Calculated value = 1

Sig (2-tailed) = .000

N = 50

Tabulated value = .231 at 0.05 alpha level.

The result is accepted since calculated value is greater than the tabulated value which means stress has psychopathological implication on adolescent's sports participation.

Table 3: Pearson product moment correlation analysis on frustration will not significantly affect adolescent's sport participation

Hypothesis		Calculated correlation	Remark
Frustration on adolescent's sport participation	Pearson correlation	.910	
	Sig(2-tailed)	.000	Accepted
	N	50	

Calculated value = .910

Sig (2-tailed) = .000

N = 50

Tabulated value = .231 at 0.05 alpha level

The result is accepted since the calculated value is greater than the tabulated value. This means that frustration has psychopathological implication on adolescent's sports participation.

Table 4: Pearson Product Moment Correlation Analysis on Anxiety will not significantly affect adolescent's sport participation

Hypothesis		Calculated correlation	Remark
Anxiety on adolescent's sport participation	Pearson correlation	.805	
	Sig (2-tailed)	.000	Accepted
	N	50	

Calculated value = .805

Sig (2-tailed) = .000

N = 50

Tabulated value = .231 at 0.05 alpha level

Since the calculated value is greater than the tabulated value, the result is accepted. This means that anxiety has a psychopathological implication on adolescent's sports participation.

Table 5: Pearson Product Moment Correlation Analysis on depression will not significantly affect adolescent's sport participation

Hypothesis		Calculated correlation	Remark
Depression on adolescent's sport participation	Pearson correlation	.915	
	Sig (2-tailed)	.000	Accepted
	N	50	

Calculated value = .915

Sig (2-tailed) = .000

N = 50

Tabulated value = .231 at 0.05 alpha level

The result is accepted since calculated value is greater than tabulated value. This means that depression has psychopathological implication on adolescent's sport participation.

DISCUSSION OF FINDINGS

Psychopathology is the physical, emotional maltreatment of a child or child neglect. Child neglect is a situation where adults fail to provide the needs of the child, such as the need for food, clothing, hygiene, nurturing, affection, mental health care, education, medical treatment and isolating the child from interacting with other children around.

The child that maltreating encounter physical abuse, which is direct physical aggression on the child by the adult. It involves punching, striking, kicking, slapping, burning, bruising, pulling ears or hairs, stabbing and belting. According to (Berger, 2010) effects of child neglect include development of mental health problems, guilt, self-blame, flashbacks, nightmares, fear of the object associated with the abuse, physical dysfunction, chronic pain, addiction, injury, suicidal idea, frustration, somatic complaints, depression, post-traumatic stress disorder and anxiety. Furthermore, during transitional times when adolescents sports participation identity is disrupted, the sports officers in schools may work with students to develop support psychological skills among students' athletes and teammates to establish treatment roles with which the student will romance to over the condition identity.

The sport authority in schools may serve as sport psychologist, sometimes students identify with child neglect, may need attention and for which their sport teachers have not received training on psychopathological treatment or how supervision and consultation can available for such student, significantly this study suggest that during the pre-start of the activity, based on the findings that psychopathological has implication on sport participation. Sports teachers must thoroughly examine all areas of the students' athlete's life and functioning to determine the extent to which the problem is affecting the related performance, thereafter psychological training can be applied.

Stress is a negative emotional experience accompanied by predictable biochemical, physiological, cognitive and behavioural changes that are directed either towards altering the stressful event or accommodating to its effects (Shelly, 2013). Stress occurs as a result of events like child neglect, harm, threatening, or challenging situation. Child neglect can expose to stress and stress can lead to serious poor sports participation and health problem such as suppression to cellular immune functions, increased blood pressure and heart rate, provoke variations in normal heart rhythms like ventricular arrhythmia which may lead to sudden death (Shelley, 2013). Stress can lead to the destruction of neurons in the hippocampus (Eya, 2005). This destruction can lead to problems of memory and lack of concentration in sports participation which may have an adverse effect on adolescents' sports performance due to the psychopathological factors.

Stress as a psychopathological factor is a problem on adolescents' sports participation, it affects the child mentally and physically. Prolong stress makes the child dull, sick and unable to concentrate on the school activities. (Berger, 2010) and (Adeogun, 2004) stated that stress should be properly managed among the students in order not to lead to moodiness, loneliness and isolation so that their performance will not be affected. Significantly, this paper observed that prolong stressor imposes serious cause poor participation in physical activity and sport among adolescents. Therefore, the study suggest that sports teachers should be sensitive to managed child neglect not to cause prolong stressor imposes, this may influence sports participation in producing psychopathology when is not well managed.

According to the result of the study, frustration imposes serious effects adolescents' participation in sport and physical activity. The findings agree with Adeogun and Oparaeke (2016) which stated that frustration is a contributory factor to psychopathology. A frustrated adolescent will take wrong decisions, lack a sense of imagination and fails to cope in sports events to optimum performance, fails to adjust with the daily challenge. Frustration can lead to stereotyped responding or the state of helplessness. Frustration sometimes encourages aggression. Frustration is the byproduct of an uncomfortable situation. It is related to various aversive stimuli which produce discomfort or displeasure in participating in sport and physical activity. Frustration can heighten hostility and aggression in the adolescent's sports involvement that can lead to mental disorder. The study significantly showed evidence that school authorities and sports officers should be familiar with student-athletes' performance both in sport and

academics work, to prevent adolescents not to be reluctant to seek advice when experience child neglect. Research has shown that students both athletes and non-athletes have the habit of not expressing their mental health condition to school service councillor, so they have less favourable attitudes toward seeking psychological help (Berger, 2010).

Responses on anxiety revealed that anxiety is a problem in child neglect which is a contributing factor to psychopathological implication on adolescents' sports participation. Anxiety is a kind of disorderliness in the child neglected. Isamah (2007) refers to anxiety as a feeling of apprehension, dread or uneasiness. People with anxiety tendency feel threatened. They struggle to take control but remains ineffective and unhappy during sports participation, a person with anxiety disorders is executively anxious and worried about losing or how to win in the sport. The symptoms of anxiety disorder include, sweating, racing heart, dizziness, upset stomach, irritability, rapid breathing and poor concentration all these affects adolescents' sports participation (Okunade, 2008). Significantly this study suggests that adolescents should be guided against any form of abuse that can cause phobia to sports participation that can lead to anxiety. The suggestion is in line with (Brewer, 2010) Phobias as factors associated with poor sports performance and other extreme anxiety reactions should be maintained by sports officers in schools and exercise psychologist with psychology skills training.

Responses on depression and sports participation showed that depression leads to disorderliness in the child neglected. Depression is the feelings of despondency, powerlessness and hopelessness that occurs to adolescents affected with psychopathology during sports participation which lead to poor performance in sport. Depression is one of the emotional problems in psychopathological implication hindering adolescent's sports participation in junior secondary schools. Patrick (2008) identified for conditions to recognize depressed adolescents as follows:

- Such adolescents have a negative opinion about themselves
- They engage in frequent self and self-blame
- The adolescents place negative interpretations of events that do not bother them
- The future looks bleak and negation to them.
- The adolescents will feel that responsibilities are overwhelming.

Severe depression as contributing factor to psychopathology is a serious problem to the adolescence to adulthood, it can lead to suicide or nervous impairment of emotional functioning but with the mentor on regular physical activity and sports participation they can successfully overcome psychopathology (Oni, 2009). This study significantly indicated that depression contributed poor sport participation in schools due to psychological conditions developed from child neglect, which needs to be addressed as potential treatments of performance-related to depression, the general treatment given to non-athletes can also be applied to adolescents that experience child neglect, as a result of meeting adolescents' individual circumstances of psychological conditions. Finally, when treating psychopathology, it is essential that circumstances specific to sports should be taken into consideration.

CONCLUSION AND RECOMMENDATION

1. The study was designed to investigate the psychopathological implication on adolescents' participation in junior secondary school sports in Epe metropolis of Lagos state.
2. The result of the study shows that stress, frustration, anxiety and depression has Serious health and psychological implications on adolescents' sports participation.
3. The finding reveals that the incidence of child neglect is rampant because of economic problems.

It is recommended that:

Parent and teachers should be sensitized on forms of and its consequent health implication on the adolescents' physical inactivity.

The non-governmental agency on child neglect, such as African Networking for the Protection and Prevention (ANPP) should intensify effort on health implication on psychopathological factors that affect adolescents' sports participation which may be denied adolescents health benefits.

The government should provide a refugee camp or rehabilitation Centre for neglected adolescents.

There should be an intensified effort on mass media on the right of the children and adolescents.

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