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# FACTORS THAT AFFECT THE DEVELOPMENT OF HANDBALL SPORT: IN THE CASE OF NORTH WOLLO ZONE

SHIFERAW, KEBADU

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**BAHIR DAR UNIVERSITY**

**SPORT ACADEMY**

**FACTORS THAT AFFECT THE DEVELOPMENT OF  
HANDBALL SPORT: IN THE CASE OF NORTH WOLLO ZONE**

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**June2019**

**BAHIRDAR, ETHIOPIA**

**BAHIRDAR UNIVERSITY**  
**Sport Academy**  
**Department of Sport science**  
**Postgraduate Program**

**FACTORS THAT AFFECT THE DEVELOPMENT OF HANDBALL IN  
THE CASE OF NORTH WOLLO ZONE**

A Thesis Submitted to Sport Academy in Partial Fulfillment of the Requirements  
for the Degree of Master of Sport Science in handball sport

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**June, 2019**  
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**APPROVAL PAGE**  
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**DEPARTMENT OF SPORT SCIENCE**

As members of the board of examiner of the MSc thesis open defense examination, we certify that we have read and evaluated the thesis prepared SHIFERAW KEBADU and examined the candidate in titled with “**FACTORS THAT AFFECT THE DEVELOPMENT OF HANDBALL SPORT: IN THE CASE OF NORTH WOLLO ZON**”. We recommended that the thesis to be accepted as fulfilling the thesis requirement for the degree of Master Science in handball sport.

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As Advisor, this thesis were Prepared under my guidance by SHIFERAW KEBADU I recommended that to be submitted as fulfilling the thesis requirement.

Advisor: Dr. **TESFAYE DESALEGN** Signature \_\_\_\_\_ Date \_\_\_\_\_

## **CERTIFICATE**

This is to certify that the thesis entitled “**FACTORS THAT AFFECT THE DEVELOPMENT OF HANDBALL SPORT: IN THE CASE OF NORTH WOLLO ZON**” submitted in partial fulfillment of the requirements for the award of M.Sc. degree in handball sport in Bahir Dar University, through the department of Sport Science, done by **SHIFERAW KEBADU** is an authentic work carried out by him under my guidance. We certified further, that to the best of our knowledge, the work reported herein does not form part of any other thesis report or dissertation on the bases of which a degree or award was conferred on an early occasion on this or any other candidate.

Advisor’s Name: **Dr. TEFAYE DESALEGN**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **DECLARATION**

The thesis entitled “**FACTORS THAT AFFECT THE DEVELOPMENT OF HANDBALSPORT: IN THE CASE OF NORTH WOLLO ZONE**” is my original work and has not been presented for a degree and diploma in any other university and that all the sources of material used for the thesis have been duly acknowledged.

**Declared by:** Shiferaw Keadu

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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## ***Abstract***

*The main purpose of the study was to spot out faced problems of hand ball sport in the North Wollo Zone, to review the stakeholders' coordination in relation to development of hand ball sport, and to identify finances, facility and equipment provisions of the zone for the sport. To do so, three basic research questions were raised, and cross sectional descriptive survey method research design was employed. Heads of sport offices, handball sport athletes, sport experts, and sport committee members were taken as participants of the study. To collect the required data from these sources, questionnaire was developed for hand ball players; interview for sport office heads, and FGD was designed for both sport committee and sport experts. The collected data was analyzed by using percentage, frequency, mean, and ranked mean and one sample t-test accordingly. Besides, words and narration in general also used to analyze the qualitative data that gathered by interview and FGD. The findings of the study indicated that the handball sport development of the setting has influenced by problems such as government bodies lacks of initiation to facilitate their roles as expected; lack of budget allocation; lack of the required resource materials for the players; lack of regular training; and the players themselves lack of motivation to compete with other groups etc. Moreover, the stakeholders were ineffective to work towards the handball sport development jointly, and the zone was weak to fulfill the required resource materials, budget allocation and provision of the essential equipments for the hand ball sport. Therefore, the sport offices need to work how their profession and their responsibilities have argued; the zonal sport departments and the regional state sport commissions are expected to sport, guide, and help the sport communities, particularly the handball sport players. And they are also need to control, monitor, and evaluate the development status of the handball sport.*

## List of Abbreviations

|             |  |
|-------------|--|
| <b>IAAF</b> | International Association Athletics Federation |
| <b>IHF</b>  | International handball Federation              |
| <b>HB</b>   | Handball                                       |
| <b>EHBF</b> | Ethiopia Handball Federation                   |
| <b>EC</b>   | Ethiopian Calendar                             |
| <b>NGO</b>  | Non-Government Organization                    |
| <b>FGD</b>  | Focus group desiccation                        |
| <b>IOC</b>  | International Olympic committee                |

# **CHAPTER ONE**

## **INTRODUCTION**

### **1.1 Background of the study**

Sport is an art, science and the most popular activity across the modern world for all ages, gender, religious, abilities and race (Mwisukha, 2005), every activity involving physical exertion and skill in which individual or team competes against one to another.

According to Parks and Zanger, (1990), “sports imply a collection of separate sport activities. Such as whole ball game, cricket, golf, athletics, swimming and gymnastics” items in a series that can be counted. Historically, human beings Exercise physical activities for a long period of time without using formal sport rules. Latter these physical exertion and exercises are changed to sport by drawing different rules for different games. Recently Sport is given high emphasis and attention for different reasons. However, the kinds and nature of sports practiced by human beings are different from time to time and place to place. Some sports are begun many years ago the other sports began with in few decade (Girginov, V., & Hills, L. (2008)

Handball sport is the newest game within the sport games' category around the world. Handball began as a game between two teams of eleven players and was played outdoors. It has evolved into an indoor sport with seven players on each team. Handball is a popular sport played at all levels from recreational to fully professional. The modern game's origins were in Scandinavia in the early 19th century. The first ever International Handball game for men was played in 1925 and for women's in 1930. The first ever Handball game in an Olympics happened in the 1936 Berlin games and then it made a comeback into the games in the 1972 Munich games, again in Germany. Hand ball sport is today played by around 19 million people and has been an Olympic sport since 1972 for men and since 1976 for women (International Handball Federation, 2014).

In handball, there are various actions such as throws, passes, jumps, hits, blocks, pushes, runs, and dribbling (Milanese et al., 2012) that make it a contact sport of intermittent high intensity (Gorostiaga et al., 2005). Given the sport's complexity, performance in handball depends on multiple factors: anthropometric features, coordination, strength, endurance, nutrition, cognition, tactics, social factors, and external influences (Wagner et al., 2014).

Ethiopia has short history. The sport has commenced in Ethiopia since 1960 though Addis Ababa university foreigner instructor's .In 1962 EC Ethiopian handball federation was established in Addis Ababa and at the same year Ethiopia has got a temporary membership in International Handball Federation but in 1964 E.C Ethiopia became full member in international hand ball federation (IHF).

Letter on The first official handball competition was held immediately between Addis Ababa and some regional colleagues in the same year during the summer time all the military members of the country, sport leader and coaches took part the course of handball by the head office of police. After few years, participants consisting of members from the police, military forces and various organs have been provided with the relevant courses on the subject sport. The arrangement of which firstly laid the ground for frequenting the said sport among the countries citizens. 10 hand ball clubs were established in Addis Ababa for the first time, which was followed by the establishment of Addis Ababa handball federation in 1993 under the Addis Ababa sport commission. Then, Ethiopian championship, competitions were organized and conducted, in the case of which Ethiopia has been accredited as one of the international hand ball Federation members in 1971. Women's clubs were 10 in number from 1975-1982, during which tournaments under such sport had been organized and conducted in Addis Ababa. Men's club were 17 in number from 1970-1990, during which tournaments under such sport had enjoyable been organized and conducted.

The numbers of clubs increase throughout the country. The handball Sport also being given by education in many schools in Ethiopia. However, it has not uniform development in all corners of the country.

According to Thompson (1992), handball Sport development is a process whereby effective opportunities, processes, systems and structures and encourage the people in all or particular groups or areas to take part in sport or recreation or to improve their performance. Whatever level they desire handball Sport development is about facilitating opportunities for people to get involved in sport and physical activity. More specifically, handball sport development refers to the policies, processes, and practice of facilitating opportunities for involvement in sport, from mass participation to elite performance (Hylton&Bramham, 2008,).

Currently, in North wollo zone hand ball sport is almost less in practice. The general condition of handball sport development in the north wollo zone and the attention given by the community and the sport offices towards the game was low. Their fore the purpose of the study is to assess factors that affect the development of handball sport in north wollo zone.

## **1.2 Statement of the Problem**

Sports development refers to the gradual increase, attainment and advancement of sport from low level strata to a higher level or strata with due cognizance and consideration of the indices that enhance the realization and actualization of sports development (Yazid 2006). These include sports policy, sports personnel, sports program training and competition, funding, facilities and sponsorship.

Handball sport is the fastest growing game in the world. Which was originated in Northern Europe around 1890's and gradually expanded throughout the world.(International Handball Federation 2014). Now a day physical activities or sports, including hand ball, are coming to be familiarized and became popular in the world. However, the developments of all physical activities and sports throughout the country are not uniform. Some sports are familiarized and continuously performed in some places; on the other hand it may or may not be known or decline in other areas. Particularly, hand ball sport hasn't uniform development in the entire territory of the country. Its development in the country fluctuates from time to time and place to place.

The researcher had gotten a chance to observe north wollo zone handball situation. While the research observation North wollo zone handball, it is dominated by other sport games like football, athletics and volleyball. .

Thus, in North wollo zone handball sport is not developed and continuously performed. Academically hand ball sport is being thought and given to students at schools in theory through physical education course. However, despite teaching students about hand ball sport in class room theoretical, accordingly, the sport has been given lower attention and training for by north wollo zone community. Many reasons may be listed, which are responsible, for lack of hand ball sport development in North wollo zone. So far, as far as the knowledge of the researcher, reasons



behind for such problem are not thoroughly researched. This thesis was tried to assess and find out the factors that affect the development of hand ball sport in North Wollo zone.

### **1.3 Research questions**

- 1, what are the major obstacles for the development of handball sport in north wollo zone?
- 2, Are all stakeholders of hand ball sport jointly works to improve the Handball sport?
- 3, Are there sufficient finances, facility and equipment for North Wollo zone Handball sport?

### **1.4. Objectives of the Study**

#### **1.4.1. General Objective**

The general objective of the study is to assess factors that affect the development of handball sport in north wollo zone.

#### **1.4.2 Specific Objective**

- 1 To identify the obstacles of hand ball sport in north wollo zone.
- 2 To assess the stakeholders coordination so as to improve hand ball sport.
- 3 To assess the finances, facility and equipment of North Wollo zone Handball sport

### **1.5. Significance of the Study**

This study designed in the direction to investigate the factors that affect the development of handball sport in north wollo. This research was try to find out the challenges of hand ball sport development; the status of the sport stakeholder's coordination and the measures to be taken so as to stimulate and develop hand ball sport in North wollo Zone.

Accordingly, the researcher hopes that this study was insight the challenges for the development of hand ball sport for the concerned societies and stakeholders to help in strengthening of handball sport. Second, it would play a great role for the handball Federation, sport Institutions, officials, coaches and other concerned agencies to pay attention concerning how to develop handball sport. Thirdly, it uses for others interesting ones in order to challenge the possibility of

the obstacles in order to develop Handball sport in north wollo. Last it also signifies to all interesting body as a source and bird eye view to conduct further researches in the area.

### **1.6. Delimitation of the Study**

The study more specific and manageable area of study is important. Due to this reason, this study mainly focuses on north wollo sport office full fill on finance, facilities and equipment of the selective Woredas, that affect the development of handball sport in north wollo zone. The respondent bodies of this study are head of sport office, sport expert, sport committees and athletes. In order to gather the data the researcher will use data gathering instrument such as FGD, interview and questionnaire and also it

### **1.7. Limitation of study**

- It was difficult to meet respondents timely as well as lack of motivation from respondents in answering questionnaires specially players (Athletes).
- Through in taking this study there was time limitation, insufficient transport accesses, Shortage of money, reference materials and related literatures were the main problems of that deal on the study.
- Lack of understanding of the importance of the study to some of the employees. Unavailable geographical setting, Condition and hard environment

### **1.8. Operational Definition of Terms**

- **Administration:** is the act of managing duties, responsibilities or rules of handball
- **Coach:** A person who provides organized assistance to an individual or a group of athletes in order to help them to develop and improve their performance.
- **Development:** refers to the gradual increase, attainment and advancement of sport from low level strata to a higher level
- **Facility:** It is a necessary condition or requirement before ordering the training or competition. It includes the area or surface where athletes perform their training or competition.
- **Handball:** is a dynamic, popular and exciting sport that requires athleticism strength and stamina, great fitness and most of all, team work

- **Training:** - pedagogical process upgrading or improving the performance of athletes.

## **1.9 Organization of the study**

This study was organized as follows. It was started with the front matters (title page, and content outlines and abstract) and then follows the main chapters. Chapter one discusses background of the study, statement of the problem, objectives of the study, delimitation of the study, significance of the study, research question, operational definition and limitation. Chapter two deals with the literature review. It gives an overview of the body of knowledge applicable to the research problem. The previous related studies will be critically assessed in order to know the gap and benchmark for this study and to support findings in relation of what has been done. Chapter three describes the research method. It explains the design of the study, the sample size, data collection strategy, measuring instruments, and data analysis and interpretation techniques that will be used. Chapter four will incorporate discussion and interpretation of collected data. The final chapter five was contains conclusion and recommendations made based on the results.

# **CHAPTER TWO**

## **REVIEW OF RELATED LITERATURES**

### **2.1 Meaning of Handball**

Handball sport is the newest game within the sport games' category around the world. The game is played in between two teams of seven players (including a goal keeper) on court which is 20-m wide and 40-m length. There are unlimited substitutions of players freely, and there are normally seven to nine substitutes on the bench depending on the level. The game is played in two times 30 effective minutes, with a 10- to 15-minute break (IHF, 2010). The teams vary between defense and attack phases depending on the ball possession. Each team attempts to score by throwing the ball into opposing team's goal. Handball is a high-scoring game, where the majority of ball possessions end with a shot most players play both defense and attack, but there are also players who specialize in either defense or attack and they substitute depending on the phase. The teams have specialized players on each player position, and the player positions in handball are goal keepers, wing players, back court players and pivots. Normally each team has two players in each position; two goalkeepers, two left wings, two right wings, two right backs, two play makers, two left backs and two pivots. The game in which a ball was passed with the players' hands was called handball.(Volossovitch, 2013).

### **2.2 Historical Development of Handball in the world**

According to Janusz and Frantisek (1997) the turn of the 19th century handball was popularized at the Oldrup Gymnastics School. In 1898, the teacher HolgerNiesen introduced a running game with two goals in which 14 persons, divided into two teams, took part. The game in which a ball was passed with the players' hands was called handball. The first game rules were issued in 1906 at the Oldrup School published by "Wejdlending Handball". The Germans also claim to have developed the game. Klaudina, the author of a book "Das Handball Spiel", published in 1941 in Leipzig, claims that handball derives from a game called "Konigsbergerball", which was then renamed "Torball"- which means goal ball. Records on handball development in Germany are dated from the period after 1915. In 1917 Max Heiner a teacher from Berlin began developing handball as a sport for women.

Another important year is 1919. Famed propagator of handball, Karl Schelenz, a teacher of physical education at the German Academy of physical Education, was also popularizing the game. Some changes in rules had been introduced. The dimensions of the playing field were increased to 80x40m, the goal line moved to 8m, and the goal dimensions were changed to 5m in width and 2m in height. Those rules embraced playing with a ball and the body, which greatly influenced the technical development of handball. In 1920 handball was introduced into school program. Handball, however, didn't have separate federation in Germany. It was not until 1934 that Fachmat fur Handball spread all over Germany. Czechoslovakia is the third country which claims to have created handball. In a book entitled "Metodej Zejec- Dejiny Hazeny", published in 1948, the author says that Czechoslovakia is the homeland of handball, which originated from hazena ("hazet" means to throw). A founder of hazena, which was introduced in that country in 1906 was a teacher of physical education in Prague, named A. Kristed. He wanted boys to turn their interest from soccer, which he recognized to be a dangerous game, to hazena for which he developed rules. International handball began in 1928.

IAHF (international amateur handball federation) congress held its meeting. The following countries organized the Federation: Germany, Czechoslovakia, Holland, Belgium, Austria, USA, France, Ireland, Denmark and Canada. After the 2nd World War in 1946 the representative of the 15 countries created a new Federation, called IHF. The dynamic progress of handball in the world had begun. Nowadays it is played in more than 130 countries. In 1961 the European Handball Federation (EHF) was founded with its base in Vienna. (Ibid)

Currently, Handball is both an Olympic and championship team sport that is played all over the world, but is mostly popular in Europe. 207 countries are members of the International Handball Federation (IHF), according to the IHF website. Handball is played professionally in over fifteen countries in Europe (i.e., Germany, Spain, France, Croatia, Serbia and Denmark) with more than 200 players in each elite league (Karcher&Buchheit, 2014).

### **2.3 Handball sport in Africa**

Africa is organized much like Europe, but there is a significant split in the level of organization between the North Africa Arabic nations and the Sub-Saharan nations. For men's handball, Egypt, Tunisia, Morocco and Algeria have national programs and club competitions that are

comparable to Europe. Egypt, Algeria and Tunisia handball teams rivals in the Africa continent and also have a strong national league .most of the national team play in known handball league in Europe. With the exception of Angola; handball is less develops in sub-Saharan Africa. As such men's competition is principally dominated by the North Africa countries. For women's handball the north Africa nations are not as structured and the dominant nation recently has been Angola (CAHB, 2014).

## **2.4 Development of Handball in Ethiopia**

Handball has good historical background in Ethiopia. According to Addis Ababa Sport Commission website launched in 2014, the games of handball were introduced to our country during the 1960E.C via university instructors. AtoTekwame Addis Ababa university instructor made handball to have one of the finest programs in the country. After few years, participants consisting of member do form the police, military forces and various sections organs have been provided with the relevant courses on the subject sport, the arrangement of which firstly laid the ground for frequenting the handball sport among the country's citizens.

The Ethiopian Handball Federation was established in 1962E.C. One year later, 10 clubs were established in Addis Ababa for the first time, which was followed by the establishment of Addis Ababa Handball Federation in 1986E.C under the Addis Ababa Sports Commission. Then, Ethiopian championship competitions were organized and conducted, in the case of which Ethiopia has been accredited as one of the International Handball Federation temporary members' in1962E.C.

Later, as the result of the considerable effort made by the committee members of the national handball federation, in 1964 EC Ethiopia has become a member of international handball federation and defeats were sent to take part in the conference in Nuremberg and Ethiopia had taken part in the Olympic prepared in Munich city and this could be considered as the first phase of the development of handball in Ethiopia. In 1968 EC handball has become much popular in the society than before. And Ethiopia participated in the 21st Olympic game held in Montreal city of Canada as the result the team has got a good result.

In 1970 EC consecutive courses under handball were given for handball coaches and many Ethiopian has benefited from this course and also, many courses were given for coaches and

teachers of physical education beginning that time onwards. Afterwards a handball game was prepared and included in the annually sport competition that was held among the different section of the police force. Mekibib A. (2003).

Women's clubs were 10 in number from 1975-1982E.C, during which tournaments under such sport had enjoyable been organized and conducted. During their organization restricting of Ethiopian Sports in 1982E.C, a single sportsman was allowed to participate in a single sport, the rule of which resulted in the dissolution/disbandment of women's clubs. Ever since 1983E.C, handball sporting was frequently practiced across schools. The sport was frequented by five clubs only from 1996E.C\_2006E.C, in which case such sporting, which had once been a hotshot, was treated with high fridity and its popularity was receded into the period until 2006E.C and the total number of clubs lowered from 17 to 3 in the country (ibid).

## **2.5 The Current Status of Handball Sport in Ethiopia**

According to Demerachew Fekadu, (2013), the recent study indicated that the teams and clubs of handball sport is decline and decrease from time to time after 1982E.C the reformation of the sport policy. The competence capacity of the national handball team also decline hand in hand with the decline of the team or club of handball in Ethiopia.

## **2.6 International Handball Federation**

Didactics of handball, (2002) stated that International Handball Federation (IHF) was founded at the end of the first half of 20<sup>th</sup> century. The International Handball Federation is the administrative and controlling body for international handball sport. It is the highest governing body. The founding procedure of the federation was in 1926 the Congress of the International Amateur of Athletics Federation nominated a committee to draw-up international rules for field handball. Thus, International Amateur Handball Federation was formed in 1928, and the International Handball Federation was formed in 1946. On July 11, 1946, the International Handball Federation (IHF) was formed at the initiative and invitation of Denmark and Sweden. .Didactics of handball, (2002) stated that an International handball match for the first time was played in Germany. It was highly popular among others country, but after some years the participant countries develop and used the modern handball and regulation and a head than Germany in the Olympic Games.

## **2.7 Handball sport in Olympic Games**

Olympic Games are a collection of different games and athletes who represents their countries and taken place within 4 years. On the history of Handball is a part of an Olympic game all over the world the first men's field handball was played at the [1936 Summer Olympics](#) in Berlin during the next several decades, field handball was no longer played at Olympic Games. However, indoor handball flourished and evolved in the Scandinavian countries. The sport re-emerged onto the world stage as team handball for the [1972 Summer Olympics](#) in [Munich](#) (Women's team handball was added at the [1976 Summer Olympics](#)).

## **2.8 How to Measured Sport Development**

Sport development is benchmark used by policy makers, in the past always refers to the result or achievement of sport. The achievement is reinforced by the acquisition the symbols of victory in the form of medal. Thus the thinking framework decision maker is the only the victor and achievement should be as much as possible. The orientation of sport development build sport education, build sport achievement, and build sport recreational sport interims of infrastructure and mankind Kristiyato, (2012)

Effective sport development requires different variable like sport policy, sport personal, sport funding, sport program, sport facility and sponsorship availability. The extent to what these variables to meet shall not be doubt affects the effectiveness of any sport development (Yazid 2001; Amuichie 1999) sport growth and development can be in two ways; vertically and horizontally; vertically by identifying increase in the number new sport country have participated in over the years; horizontally by determining the level of frequency of competition in sport with a given period, further more sport could also be measured be from the number of successes achieved in national and international sport competitions. These successes have direct bearing with the indices of sport development.

## **2.9 Development of Handball**

Sport development is about facilitating opportunities for people to get involved in sport and physical activity. More specifically handball sport development refers to the policies, processes, and practice of facilitating opportunities for involvement and improves individual performance,



from mass participation to elite performance (Hylton&Bramham, 2008,). Increasingly handball sport development is being embraced as part of a broader philosophy of sustainable development which focuses on improving quality player's performance, tackling social exclusion, increasing access, preserving the environment, and expanding the pursuit of excellence ( Girginov& Hills, 2008). Further the concept of developing and increasing opportunities for sport participation has been connected to concerns over increasing levels of physical inactivity and related health concerns (Green M.,2006). As the philosophies underlying sport development have expanded to include a focus on physical activity, health, performance, and quality of life, governments and sport organizations alike have embraced the potential of sport events to stimulate sport development. Yet rarely do these organizations distinguish among the types of sport events that might stimulate sport development or the channels by which sport development could occur. In fact, there has been significantly more attention paid to high profile elite sport competitions that stimulate spectatorship, than to participation-based events that cater to a broader range of athletic endeavor. Hylton and Bramham (2008) refer to sport development as policies and systems that build bridges between elite sport performance and sport as mass participation.

According Green's (2005) Pyramid Model of Sport Development suggested that there are three levels of sport development:

- (a) Mass participation which seeks to develop opportunities for everyone to participate in sport recruitment,
- (b) Competitive sport which deals with peoples chances to achieve their potential in sport, from taking part for fun and health to competition retention and,
- (c) High performance sport in which athletes are identified and developed for their performance potential advancement. Thus, according to this model of sport development the three levels of sports development are: participation, performance, and excellence, with the three critical strategic foci being recruitment, retention, and transition.

## **2.10 Factors that affect the development of Handball**

So far, different researchers have conducted study on the factors and challenges of handball sport development. Among these, many researchers identifies different reasons and views for such problems. These are: Limited range and suitability of provisions, schedule of provisions, lack of specialist staff resources and equipment, non-targeted media, discrimination, perceived barriers, physical access constraints, physical ability, psychological state, motivation and attitude, peer pressure, financial costs, availability and access to transport, work commitments, location of suitable facilities, programming or timing of activities, gender differences, religious or cultural rules, health and safety fears. All these are the factors of handball development in the researched areas identified by researchers. Yusuf Dauda (2010)

Handball is game which requires strength, quick movement and coordination of mind and body. This makes it a little bit complex. Unless the skills are broken a given separately to the trainees, it will be problem for them to group the series of skills, Sharkey B.J (1986). According to the rules that govern handball are also a drawback for its complexity and lack of interest by the trainee. As the problems are many and varied the underlined literature have separately deals and reveals the major problems associated with the coaching of handball

## **2. 11. Handball Sport coaching and comprehensive training**

In Handball sports, a coach or manager is an individual involved in the direction instruction & training of the operations of a sports team or of individual sports people. This type of coach gets involved in all the aspects of the sport, including physical & mental player development. Handball Sports coaches train, develop & mentor their athletes to become better at the physical components of the game. The coach is assumed to know more about the sport, and have more previous experience and knowledge. The coach's job is to transfer as much of this knowledge and experience to the players to develop the most skilled athletes. Combining these aspects of the sport, the coach is accountable for the overall performance and results of the team or player (Bompa, T.O (1999)

## 2.12 Conducting Handball Training Session

Handball employs fundamental skills such as running, throwing, catching, jumping, defensive and offensive strategies that is similar to skills used in basketball, soccer and hockey. It is not all time favorite game to most of the project player.

According to Bucher C.A. (1971) project player do not want to be required to perform the same activities as other athletes whose abilities, needs and interests may be different from their own.

To describe team-handball play, especially to determine factors that influence performance is difficult because team-handball play is complex and multi-factorial. Team-handball players have to coordinate their movements well for running, jumping, pushing, change of direction and team-handball specific movements of passing, catching, throwing, checking and blocking. Intensities during the game always change between standing and walking, jogging and moderate running, sprinting and fast forward, side ward, and backward movements (Michalsik et al., 2012; Povoas et al., 2012), therefore, a specific high level of endurance is important to keep up a high level of play during the entire game (2×30min). However, team-handball is strongly influenced by the tactical concepts, social factors as well as cognitive aspects.

## 2.13 Universal principle of training

Bompa (1994) started that training program are designed to improve performance developing the appropriate energy increasing muscular structures, and improving a neuromuscular skill patterns. In addition to handing basic understand in of the Game biomechanics a coach must also understand and apples the fundamental principles that govern any type of physical training these principles der from the human body's response to training stress and skill acquisition. Not comprehend doing these basic tents produce mix in formed training and express athletes' other risk of injury. According to Ameneus et al (1995) the following principles must be followed in any well-constructed athletic training program.

- **Over load:** The most important principle of training or athletes is that of over load. It should be the aim of coaches to improve their athlete's levels of performance and capacity for work. In order to achieve these goals most coach his or her athletes to adapt to a higher level of physical and mental performance over loading is the essential

mechanism or tool for creating this adaption. Any new types of training subjects the body together of different stress than that to which it has become familiar when the load is greater than the normal level exertion. The load becomes a stressor and stimulates general adaption process within the organism the athlete. This process is explained in Hasselbale's concepts of the general adaptation syndrome, which states that all organisms respond uniformly to stress, when confronted with a stressor an organism will initially respond with alarm. As the stress continues the organism will resist in various ways if the resistance is positive the organism is said to have adapted. If, however, the resistance to the stress is negative or the stress is unchecked, the organism will degrade into a state of exhaustion. The general adaption process causes the body to react in a predictable manner to stress. This predictability allows coaches to plan positive adaption to overload by their athletes conversely, this process also explains that negative resistance that athletes experience when overload is managed improperly,

- **Progression and variability:** The logical consequence of adaptation to load is progression as an athlete adapts to a given training load an oppressive increase in load then becomes necessary to continue the process of adaption to the next level of performance. In other words, as the system is capable of doing more, irregular's progressive increase in training load for it to be stressed into a high level of adaptation.

Athletes should be pretested and then periodically reassessed in terms of the physical requirement and skills demanded by their respective events some common measures of such testing are Vo<sub>2</sub>max muscular strength muscular endurance, vertical jumping abilities and flexibilities. Such information becomes the foundation upon which coach manages the progressive overload that improves his or her athletes. Without such knowledge training becomes hazardous and often results in the frustration or injury of the athlete.

There are four important measures of progressive overload mode, frequency, intensity and duration. Mode is the type of training undertaken (e.g., running jumping or weight lifting.)

Frequency is the number of training units in a given time frame (i.e. With training three times per week) Intensity is a measure of the degree of exertion in training (e.g. 6x100 m at 80%) in running training intensity the length of time or number of repetition of a particular training mode (e.g. 45- minute stands -I state run or performing 10 short approach jumps). Manipulating these

four parameters of training is the essence of the coach's role in directing the training of his or her athletes.

A corollary to the principle of progression is variability's; varying the type of training done by the athlete spurs the adaptation. Any single type of training yields good improvement for a period of roughly four weeks. Beyond that amount of time, result diminishes. Remember that one of the measures of over load is training mode raving the type of training done works to fulfill this basic principle.

- **Specificity:** The bodies adapt to exercise or physical stress in direct response to the nature of the demands imposed. this phenomenon is known as the specific adaption point imposed demands there training needs to address the specific requirements of an event an athlete must train the skill or system that will be employed in competition handball players must train to raise aerobic thresholds: jumpers must train for lactate tolerance moreover athletes need to train physically and mentally for competition not merely conditioning. A certain amount of training must mimic the specific nature the competitive even .to achieve success, the coach must identity and need the requirements particular events
- **Recovery and restoration:** All gains i training are achieved during periods of recovery .This fundamental fact of athletics is probably the most ignored recovery and restoration of the body are integral and active elements of training not, the absence of training. For the body to adapt positively to the progressive over bad of training, it must be able to recover adequate from the appalled tress the mantra "no pain, no gain" all too often runs the very then the between maximum beneficial training and over training the volume of training is far less important than us intensity and intelligent application. Training without proper rest yields poor results and often injure. Too frequently, coaches do not understand the physiological response generated by had training. Generally, adequate recovery from a strenuous work out requires at least 48 hours. in any given week no more than two or three intense training days are recommended more over days of total or active rest are needed to relieve the accumulated fatigue of exercise without such recovery chronic over training with significant risk of injury becomes likely coaches often view rest as wasted time in which they might be also squeeze more preparation.

- **Individually:** Every athlete has a different response to and capacity for training. Recognizing individual difference and adjusting expected loads when designing and apply in training programs for our athletes is exceedingly important size age, strength, training age and even emotional maturity factoring to the type and amount of training under which any athlete will thrive. At the high school level, especially coaches often will find that many of their most talented athletes have limited design of training program will most likely apply to all, volume and intensity must be specific to the individual.

## 2.14 Components of Handball Training

It is important for the coach to understand how to coach handball, how to apply them through a consistent methodology's that allow the teaching of technique and tactic child incorporating physical and psychological aspects .This is best accomplished through the application of economical way means to find a way of causing a player to become a better player in the widest possible sense

- **Physical preparation:** - its main content is the development of endurance, strength, speed and agility which are decisive pre-requisites for a high standard of athlete performance. These general physical abilities such a starting speed quickness of individual movement explosive power (Shooting power jumping power, specific leg powers, explosive power endurance and acceleration endurance are take on in to consideration.
- Handball player requires a high level of physical conditioning throughout a competitive season. Therefore, one of the most important aims of training programs in the preparation period is to improve players' fitness level. (Manolopoulos et al., 2004) improving and developing handball sport fitness training is the mandatory.
- **Endurance Training:** In athletics, endurance is the ability to overcome resistance to fatigue. Generally we speak of endurance in two different forms. The first one is general endurance, which is aerobic (with oxygen) and it provides the player with long time endurance. The other type of endurance is local muscle endurance, which corresponds to speed training and speed endurance training and it is anaerobic (without oxygen) and

provides for short time endurance. To develop general endurance players are trained aerobically in order to improve the efficiency of the cardio-vascular system.

- **Speed Training** The speed required in track and field is a cyclical movement (same rhythm), training for speed must follow the pattern of the competition. Players must read visual signals and cues to stimulate action for speed rather than from a whistle or voice command.
- **Strength:** the ability to overcome resistance an obstacle through muscular strength.
- **Power:** the application of strength in time and is connected to explosive action of performance.
- **Flexibility:** the ability to conduct movements in certain joints with an appropriate range of motion. Flexibility has a direct connection to technique. The more flexible a player is the greater the potential range of technique.
- **Agility:** the ability to change direction quickly and easily with the body and the body parts. Agility is required hundreds of times within a athlete develop. A player must constantly change directions, stop and start, get up after falling and turn throughout the game. Players who are agile have an advantage when playing in small spaces.
- **Balance:** the ability of the body to maintain stability and equilibrium while running or standing on one foot.
- **Mental preparation:** - coach action in the game is a decisive action best on exact and correct analysis of the situational mentally and physical recognized, and these after digest and store the result of the action and require observing and processing information. Abilities and qualities of mental question, Visual perceptive facilities, such as range, speed and accuracy, Attentive qualities such as intensity are steadiness distribution of attention and power of concentration ability, Intellectual and memorial ability, Capacity to react in simple and complicated decisive situation, Moral qualities such as discipline sense of responsibility helping others in critical points, to be none stand realistically self-confidence.
- **Movement and coordination preparation** due to the fact that action in the game involves making a decision each movement is governed by choice i.e. movement cannot be exactly determined beforehand but must be chosen to suit the particular situation in such a way as to neutralize the opponents directly and in directly actions. Therefore the

development of coordination such as control differentiation, combination, adjustment adaption and balance are the important pre-requisite.

- **Tactical preparation:** physical mental technical and coordination abilities do not determine the playing performance of the individual player of the team, but they are important prerequisite for tactical preparation.
- **Theoretical preparation:-** a player should have a sound knowledge of the match regulation competition rules latest techniques and tactics and handball also they must understand master the team playing concretion and can learn to analyses their experience.

## **2.15 Community participation in the sport**

Participation is a commonly used approach and concept within development. Active participation, young people are empowered to play a vital role in their own development as well as in that of their communities. That has long recognized that young people are a major human resource for development and key agents for social change, economic growth and technological innovation .Community sport is often subsumed under the title of community recreation. This is in recognition that practice often reflects quite inclusive informal activities which the boundary between sport and recreation, and some which on first glance seem hardly to constitute sport at all. Community sport is provided through many different types of organization.

It is not solely the preserve of local authority leisure services or of sports development officers. It is mostly located in the public sector, often also in the voluntary sector, but seldom in the commercial sector. It is practiced in youth and community work, social services, probation services, schools, and many other realms as well (Bowtell, 2006)

## **2.16 Parental Support for Athletes**

Parents are the earliest and most significant influential for individual attitude towards sport. According to Levin son and Christensen (2005), parents appear to important as financial supporters as organizers of transportation, improvising moral support as Organizers of transportation in providing moral support their presence at practice and games. Athletes to pursue at the sport field parental support are necessary. Parental support is given to encourage their child's participation in sport. In programs for the development of talent it is recommended



that parents provide the child with access to varied program of physical education and sport from an early age.

The middle years, the specializing years (age 3-15) are characterized by a greater commitment of the child as well as the parents to a particular sport. More accomplished coaches are sought, and the parents often devote more resources to the activities. They are providing the child with financial support and transportation needed for training and competition often, the family routine can be dominated by the child talent development parents should provide support in a background rolled can be essential improvising financial as well as emotion support.

The sports development is influenced by a variety of factors, including, but not limited to, talent, infrastructure, cultural traditions, government support, qualifications of the trainers, coach education, and physical training system, and the support of a multidisciplinary team and family support. It is possible to affirm that, within the childhood and youth sports context, coaches, parents, siblings, peers and even team managers form a multifaceted and complex social network that wields positive and negative influence over the experience of young athletes Jowet S, Timson-Katchis M.(2005).different authors agree over the importance of parental support in the development of athletes, even when the achievement of high level sports performance is concerned.

## **2.17. Sport Administration**

Sport administration are involved in managing and promoting sport clubs, fitness centers and sport facilities working with young people for opportunities for sport activities.

Sahlemichael Bizuneh, (2013) stated that Administration begins when more than one person is involved in accomplishing tasks. As the task becomes more complex and the number of individuals involved increases, the responsibilities, duties, and problems also multiply. Whether you aspire to be an administrator, are already in an administration position, or desire to understand administrative process and activities to improve communications and relationships.

Sport administrators exist to support the athlete and coaches to develop the sport. Administration now is totally different from what it way years ago. It has been developed and became a representative of a complete collection of scientific development. So, the

administration body of sport teams needs a continuous administration development in order to face the obstacles that stand against performing the requested competencies.

## **2.18The process of Administration**

According to Edward F. Voltmer (1979) Stated the Administration is the process by which organization attempts to achieve its goals. The process listed those are; planning, organizing, staffing, Directing, coordinating, reporting and building.

- **Planning:** is deciding in advice what is to be done. It is a method or technique of looking ahead to advices basics for a course of future action.
- **Organizing:** The process or state of being in which two or more people coordinate their effort and pool their resources to achieve given purposes. Staffing: is employing appropriate personal to accomplish the various tasks which have been identified as necessary for the sources of the organization.
- **Directing:** it occurs when the executive gives the signals to act orders or employer to act indicator what is the action is to be and when it is to start and stop.
- **Coordinating:** the problems of coordination multiply as the size and complexity of the organization increases. The close and constant contact of individual in a small department simplifies the organizational setup, promotes communication among staff members, and facilities super vision and control
- **Reporting:** Administrators in physical education are middle management leaders. Administrator therefore must report in two directions: downwards and upwards.
- **Budgeting:** the budgeting process includes planning a budget to meet program requirement, updating and minting budget records, and monitoring the accounting system

## **2.19 committed Sport offices and officers**

Sports development officers are responsible for generating interest and increasing participation in sports by running initiatives that inspire people to take part .A sports development officer will plan and organize sports projects and campaigns in order to get more people involved. They

work towards making sport more accessible to everyone and aim to get people living a healthier lifestyle. They may specialize in a particular sport or focus on a particular group of people, or have a more general remit. typical job responsibilities include: Organizing, developing and delivering a varied range of sporting activities, or programmers, funding and managing budgets ,producing promotional material and displays keeping statistical and financial records liaising and working with relevant organizations or agencies including youth services, schools, clubs, sports coaches and sports councils The work can be demanding, with long hours. David C (199)

## **2.20 Managing relationships with sport professionals and volunteers**

Where an organization employs paid staff, there can be difficulties in the relationship between these employees and volunteers. Conflicts can occur when responsibilities and authorities are not clear. They can occur because of personality conflicts or differing opinions on goals and strategies. Management committee, which may meet only a few times a year, may feel the full-time employees are running the organization their way, rather than being subordinate to the Management committee. Thus, for every organization that depends on volunteers, it is extremely helpful if the employees, volunteers and professionals are clear about their roles and responsibilities and to whom they should report. Most importantly, success depends on everyone being prepared to work cooperatively for the good of handball project training program, to support and encourage each other's efforts and to recognize each person's contribution. Sport management committee and professionals have an important role to play sport development. Barrow (1977).

## **2.21Managing Experts**

According Barrow (1977) Experts can add significant value to your organization, particularly if they are managed effectively and you are open to what they have to say. The use of experts is common in sport organizations and they tend to fall into two categories: expert technical staff, such as coaches, and other consultants. Possible tasks for an expert might be to: provide specialist training in areas such as nutrition or strength, work with athletes to prevent injuries, work with athletes on particular techniques, help create a strategic plan, marketing plan or financial plan, assist with fundraising and improve and manage your information technology. In addition, you may also use experts when: the project is short term or a one-off problem, nobody

else has time to take on the project, you would like an outside perspective on the issue and a funding source requires you to use an expert in a project they are funding

## **2.22. Managing volunteers/sport management committee**

There is an ever-increasing need for volunteers to assist within sport organizations. Volunteers help with coaching, team management, the administration of projects, clubs and leagues, events, governance and policy. However, at the same time, it is becoming increasingly difficult to find volunteers due to pressures of time and income. This means that volunteers need to be managed as effectively as paid staff. Although volunteers are a relatively inexpensive resource, they do create some costs for the organization. Recruit the best volunteers possible some of the reasons people volunteer include: service to others – to “put something back into the sport”, to gain work experience, family involvement, social reasons; prestige, and to influence policy. You need to recognize these motives, consider them in light of programmed requirements and place the volunteer in a situation that is beneficial to both the individual and the programmed. It is important that volunteers are asked why they participate in order to help determine how well their needs are being met. Consider your volunteer requirements on a regular basis, taking account of what needs to be done in your organization, including future events or activities. Your organization should establish a yearly plan for the recruitment and use of volunteers. Before you begin to recruit volunteers, you must decide where you need help Barrow (1977). According Barrow, (1977) classify volunteers into three categories:

- **Administrative leadership**– Volunteers may serve as Executive Board members, Secretaries, Treasurers, or as committee members. The volunteers you recruit for these positions must have the skills and abilities necessary for this type of work, as well as the time required. Depending on your organization’s constitution, they may need to be elected and the ratio of member organizations may have to be observed.
- **Sport technical leadership**– Coaches, officials, medical and training specialists must possess real knowledge and qualifications in the areas for which they are volunteering. Volunteers who meet these general requirements include experienced former athletes and coaches, physical education students and people attending other professional training courses.

- **Non-leadership services**– There are always a need for volunteers in a non-leadership capacity, whether to handle registration, help with fundraising or provide transportation. Volunteers who could fill these roles are those who do not have technical qualifications or the time for a prolonged commitment.

### **2.23 The Role of the Sports Manager**

According to David C. Watt 1998, the sports manager have a big role for sport development and organized sport them. The manager will be to take general management functions and perform them in a sports setting. As ever, all management functions can apply in different situations at different times; the really skillful manager will know when each applies and will use that process appropriately. It is essential for sports managers to realize that they are managing in a sports situation and they should be applying the correct business principles and practices as appropriate and relevant to the sports situation in which they are played, as colleagues will be doing in other industrial situations..*(Deridc.watt, 2003)*

Management process in organizations is done through the managers. To be a manager means to manage, to order, to train people, to explain, to coordinate, to influence, to integrate, to classify, to accept and to improve. A good manager will be able to implement practices and procedures in a variety of situations (CD Watts,2003:17):Must consider the development organization Must have long-term strategic vision with objectives to be achieved. Effective managers are considered "people of the team" empowered by the will and active support of others, that of subordinates who are led by conflicts arising from their interests (Ilies et al., 2005:37). They must anticipate creatively and promote actively new and bold directions into an ethical and sensitive manner. Sports administration is not easy, this occupation will require commitment, a tremendous amount of energy, but can be very rewarding if all people in the organization.

### **2. 24 Availability of Sport Equipment and Facilities**

Having the right quality and quantity sports facilities and equipment's is an integral parts of sports development. In the developed world, sports facilities and equipment of the appropriate standard are available of promote the athletes performance (Ojeme,2000).In support of this view, Talabi (1998) opined that most developing countries wish to arrive at the level of developed countries over night. While developed countries are putting so much into providing excellent

facilities, equipment and conducive environment for athletes, developing countries seems to lag behind in the provision of these amenities and expect their players or athletes to excel in the international arena.

Facilities are also the factors for handball development and participation if the adequate facility is available, the sport trainees may improve level of participation and performance. According to Bennetetal (2007), the importance appropriateness and effect on enhancing training performance are described. In a related view Ekanem (1995) observed that standard facilities are essential pre-requisites to good and impressive performances in sports at all levels of participation. He further says different types of activities require different facilities. Consequently therefore any limitation of these facilities creates difficulties in presenting the desired variety of sports activity.

According to Levinson and Christensen (2005) availability of sport facilities and equipment's has a tremendous effect on the development and popularity of a given sport. If the facilities and equipment's are available in sufficient manner it is too easy to produce a number of outstanding players from projects of handball and they will show highest performance at national even international level. According BrainJeffs (2010:3), also supported this idea and explained that when sport equipment's are available trainees will be encouraged

- The field of handball on a 40m x 20m playing area both of which have 3m by 2m goals .
- The ball size i.e. the circumference and weight to be used youth female age 8-14, 50-52 cm and 290-330g and male age (8-12)
- **Sport wear:** Appropriate sport wear is required for all trainees. As a coach discuss the type of sport clothes that is acceptable and noticeable for training and completion. Discuss the benefits of wearing properly fitted clothing, along with the advantages and disadvantages of certain types of clothing worn during training and completions. In appropriate close like jeans and other tighten close that restrict their movement players must we as clothes they are a suited for activities in which they are engaged. In general, this means comfortable non- confining clothing and well- fitted player sport shoes. Proper fitting and clean uniforms tend to give a player boost. Although the saying "your play as well as you look" has never been proven , many players a coaches at invent to be

live in it and the other which are not lived sport equipment must be fulfilled for the development and improvement of handball projects (Dewitt, J. (2001).

Sport facilities are the areas where are suitable for sport activities, specific training fields for sport branches, preparing trainings, national and international events which can meet the necessities of sportsmen and audience before and after the sport activities (field, bleacher, shower, changing room etc. units (Efil, 1998).

### **2.24.1 Financial Management**

According to Bob Stewart, (2007), financial management is an essential part of the economic and noneconomic activities which leads to decide the efficient procurement and utilization of finance with profitable manner. Financial management is an integrated decision-making process concerned with acquiring, financing, and managing assets to accomplish some overall goal with in any organizations. They are also says something about the role of financial management which is Financial management plays a critical role in not only in football clubs but also in every enterprise. Without money and its successful management, a firm would not survive much less grow and prosper (H. Kent Baker and Gary E. Powell, 2005).

### **2.25. Problem of Sponsorship**

According to Yusuf Dauda (2010), the president of the Handball Federation of Nigeria, blames the low standard of the sport in African on lack of sponsors for the federation's program and inadequate funding from governments. There is the need to make the sports attractive to corporate bodies by holding competitions and exposing the young players to international tourneys. The sport should be geared towards youth development program and to effectively empower them, teams should extent their scouting yardstick to rural areas because talent is not only in towns and cities. Furthermore, handball teams should nurture raw talent that is potentially abundant in areas where the game remains unknown. This means handball federations across African counties should fund initiatives that enhance talent identification and groom raw talent for national handball teams. To bring sponsors, *Dauda* believe that it is important to build the game so that we will have a good brand to present to sponsors. African governments, through responsible line ministries, should give attention to this sporting code instead of only thinking of Handball.

## **2.26 Media**

Media has considerable impact upon sport as equipment; match times and financial changes have been altered. It is obvious that media has a substantial effect on sport, but as the impacts of media on all parts of life is increasing so its effects on sport is increasing proportionally. Media has a great role for sport development. It promotes sports for all societies; and it also inspired and motivates not only youths but also adult persons to participate in publicized sport (Nicholson, 2007). Television and Radio have become an important means of communication sport represents the manifold benefits of Radio and Television because of new financial resources. , (Sahlemichael Bizuneh. et al, 2002).

Communication is one of the most important parts of human life. It has a major role in transmission of knowledge, skills, views and information. Mass media messages often referred to those directed at a large group of persons by means of an electronic medium involving the dissemination of information, knowledge and entertainment to a large diverse, sometimes homogeneous but mostly heterogeneous audience (Kohen 2003).

The mass media is regarded as the means of communication through which a large number of people could be reached. These include newspapers, television, radio, films, handbills, posters, computer and internet. The mass media sharpens and re-orders the perceptions of the readers and viewers on a particular event or happening in the society and contributes to a reservoir of knowledge of the past and current events. For any human society, the successful conducts of its internal and external affairs depend largely on the extent to which information is dispersed and shared. The need for information is such that man can hardly function or determine the course of his life without communication, (Asemah, 2009)

Mass media is one of the basic instruments to inform, instruct, examine social problems, and model social values. It seems that media as a democratic pillar can play a predominant role in enlightening people especially the adolescents and youth; if playing its role correctly, the media can prevent them from following unhealthy recreation. The dominant culture among people is influenced by several social factors. Such factors can affect beliefs, attitudes, and performances. Physical education and sport as one of social phenomena have been developed in recent years. They have influenced most of people. Mass media is considered an effective factor in modeling social values. Sport programs and subjects of mass media can influence considerably to develop and



improve the condition of country. The main roles of mass media include informing, supporting the law, supervising to obey the law correctly, creating suitable field to affront different opinions, providing continuous instruction, helping cultural and thinking growth of society, providing instructive entertainments, and creating partnering, cooperative inspiration in order to develop programs (Moradi, 2010). Sport has been changed in part of daily life in internationally political, cultural, economic, organizational, social, and interpersonal relationships and sport value is higher than symbolic role of it (Etang, 2006). The major purpose of sport mass media along the national goals can be sport development. Mostly mass media can be influencing on several dimensions and axes of sport development (Moradi, 2010).

## **CHAPTER THREE**

### **RESEARCH METHOD**

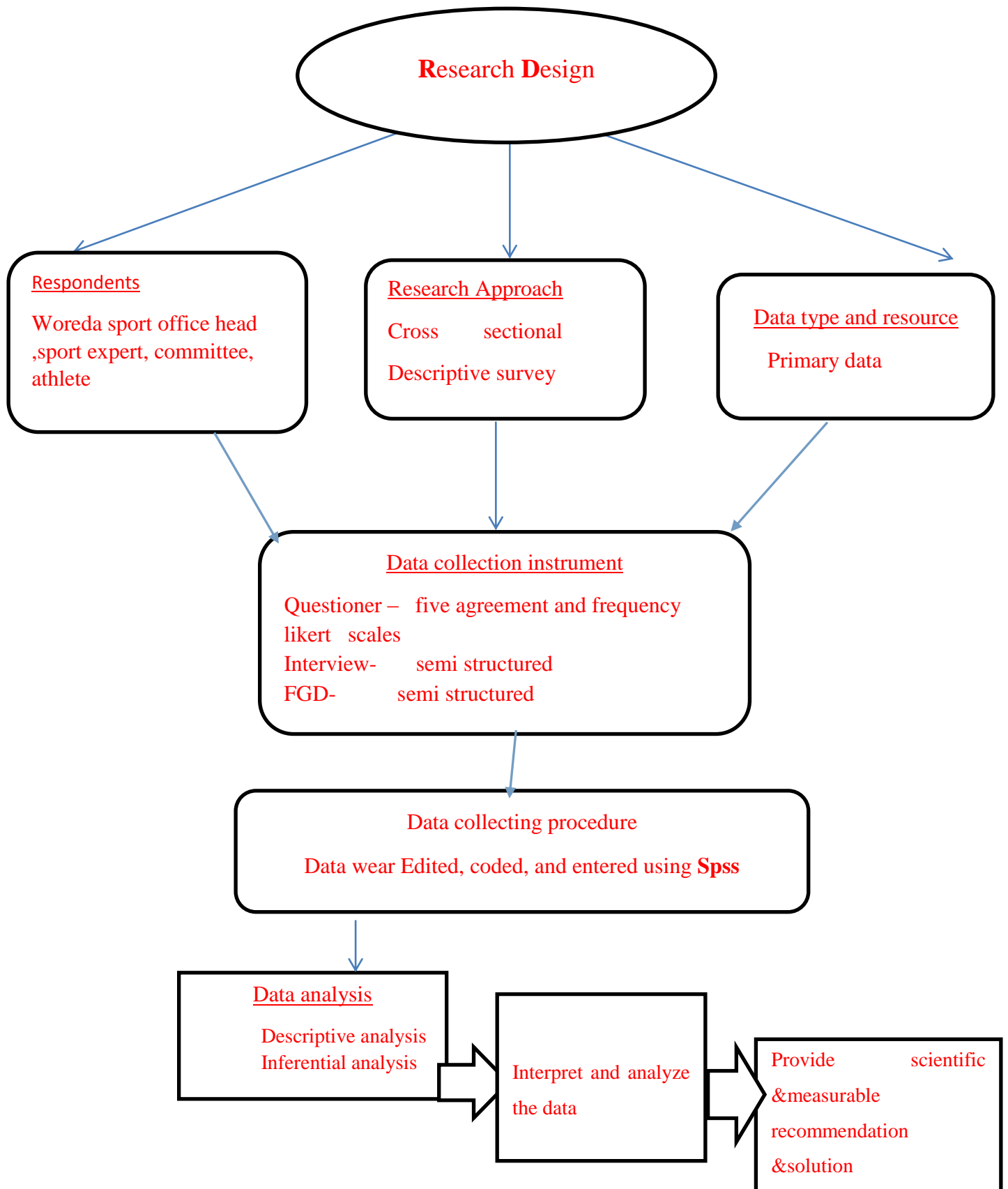
#### **3.1 Introduction**

This chapter deals with research design, sources of data, sampling methods, population size, and sampling size. Besides, it also presents the used data collection instruments, data collection procedures, pilot test, and data analysis technique.

#### **3.2 Research Design**

In order to achieve the stated objectives of the study, the researcher was applied descriptive cross sectional survey research design, because it could show the factor affect that the development handball sport. And it also helped the researcher to identify the faced challenges. Generally, this type of design gives opportunities for the researcher to see their research variables as naturally occurred.

As Sharama (2000) stated, descriptive research method is the description of the present status and immediate past of a given phenomenon. It is widely applied in the description of sport science when gathering detailed data or factors from large population understudy in a particular time. Similarly the descriptive research method allows the collection of qualitative and quantitative data through wide use of questionnaires. So that, this research was intended to describe the existing phenomena on factors affecting the development handball sport.



### 3.3 Sources of Data

To gather the data for this study, the researcher was used primary sources such as sport head office, sport experts, sport committees, and handball athletes.

### 3.4 Population and Sampling Techniques

To achieve the stated objective of the study, the researcher took 8 woredas from 15 the North Wollo Zone as a focal area: Kobo, Merssa, Woldia, Lalibella, Gubalfto, bugina, Harbu and Lasta. As stated below, Table 1, the head offices, sport experts, sport committees, and handball athletes that found under the stated eight (8) woredas were taken as population of the study.

**Table 1** *Population Size*

| N<br>o<br>. | Woreda          | Head<br>office | sport expert | Sport<br>committees | Athlete | Total<br>population |
|-------------|-----------------|----------------|--------------|---------------------|---------|---------------------|
| 1           | Kobo woreda     | 1              | 3            | 4                   | 15      | 23                  |
| 2           | Mersa city      | 1              | 3            | 4                   | 20      | 28                  |
| 3           | Woldia city     | 1              | 3            | 4                   | 20      | 28                  |
| 4           | Lalibellaworeda | 1              | 3            | 4                   | 22      | 30                  |
| 5           | Gubalfetoworeda | 1              | 3            | 4                   | 15      | 23                  |
| 6           | buginaworeda    | 1              | 3            | 4                   | 20      | 28                  |
| 7           | Harbuworda      | 1              | 3            | 4                   | 19      | 27                  |
| 8           | Lastaworda      | <b>1</b>       | 3            | 4                   | 21      | 29                  |
| Total       |                 | 8              | 24           | 32                  | 152     | 216                 |

Of the stated 216 population of the study, 184 of them were considered as sample of the study. As briefed here under, Table 2 the four bodies of the study (sport office heads, sport committees, sport experts, and athletes) were selected mainly by using comprehensive and simple random sampling technique (lottery method). See the details below under Table 2.

**Table 2***Sampling Technique*

| No.                         | Types of Respondent | Population | Sample size | Sampling techniques |
|-----------------------------|---------------------|------------|-------------|---------------------|
| 1                           | Sport office head   | 8          | 8           | Comprehensively     |
| 2                           | sport committees    | 32         | 16          | Simple random       |
| 3                           | sport expert        | 24         | 8           | Simple random       |
| 4                           | athletes            | 152        | 152         | Comprehensively     |
| Total number of the subject |                     | 216        | 184         |                     |

Thus, according to Table 2 above, all 8 members of sport office heads and all 152 hand ball athletes were considered as participant of the study comprehensively. Moreover, the researcher as well took 50% of the sport committees (16 individuals) and 1/3 of the sport expert (8 participants) by using simple random sampling technique (lottery method).

### **3.5 Data collection tool or instrument**

In order to collect the necessary data for the study, questionnaire, interview and focus group discussion were used as data gathering tools.

#### **3.5.1 Questionnaire**

To gather information from participants (hand ball players), questionnaire was developed for hand ball players based on the review of related literature and the leading questions. Items that included in the questionnaire designed in relation to challenges of handball sport, stakeholders' collaboration in handball sport, and availability of required resources and finance allocation.

To do so, the questionnaire was consider the five agreement and frequency likert scales. Thus, the agreement scale (5 = strongly agree, 4 = agree, 3 = undecided, 2 = disagree, and 1= strongly disagree) was used in the challenge related items. And the frequency likert scale (5=always, 4=often, 3=some times, 2-rearly, and 1= never at all) also used in items which developed in line with stakeholders' collaboration in the handball sport and in resource allocation aspects.

### **3.5.2 Interview**

Interviews are primarily done in qualitative research and occur when researchers ask one or more participants general, open-ended questions and record their answers. (Creswell, 2012).

Interview gives opportunities both for the interviewers and the interviewee to exchange ideas freely about some raised issues. This free flow of ideas highly helped the researcher to gather the required information from respondents. Based on this reason, the researcher constructed semi-structured interview questions for sport office heads.

### **3.5.3 Focus Group Discussion (FGD)**

Focus group discussion is frequently used as a qualitative approach to gain an in-depth understanding of social issues. . Focus group discussion is a technique where a researcher assembles a group of individuals to discuss a specific topic, aiming to draw from the complex personal experiences, beliefs, perceptions and attitudes of the participant through a moderated interaction (Cornwall & Jewkes, 1995; Hayward, Simpson, & Wood, 2004; Israel, Schulz, Parker, & Becker, 1998; Kitzinger, 1994; Morgan, 1). The technique emerged as a qualitative data collection approach and a bridging strategy for scientific research and local knowledge (Cornwall & Jewkes, 1995). To triangulate the data which collected by questionnaire and interview, the researcher was motivated to use FGD. Thus, he developed semi-structured questions for sport committee members and sport expert.

### **3.6 Pilot Test**

The rationale of pilot testing was to get research instrument that enable to collect valid and reliable data. For the determination of validity of instrument, two experienced experts who had worked on the study area for relatively longer years, judged the questioner for its content validity (quality that enables it to measure what it is supposed to measure). Based on the feedback of the experts and my advisor, the instrument was reassessed for further refinement before it was distributed to the respondents. To establish the reliability of the questioner, it was distributed for 15 hand ball players (7 from Meket and 8 from Gidanweredas). And the reliability test calculation was done applying Cronbach alpha formula. Accordingly, the overall reliability estimate for pilot – test was found to be 0.84.

Similarly, to validate the interview and FGD items, the researcher were invited his colleagues and university instructors to comment to what extent the instruments were workable. Accordingly, he tired to amend the items based on the given comments. Moreover, the researcher as well bracketed himself so as not to influence the respondents by interfering via his prior experiences or attitudes. Not only this, but also the researcher clarified the purpose of the study to the respondents, and he informed them not to refer by their name rather he used pseudonym.

### **3.7 Procedure of Data Collection**

Before the administration of the actual data gathering, the questionnaires pilot test was made in the two Woredas Meket and Gidan. Based on the feedback received from the pilot test, all the vague and ambiguous words were omitted and items in the questionnaires were amended and improved accordingly. Then after, the collection of the actual data began by contacting with the sample Woreda sport office heads, and they were consulted about the convenient time of data gathering.

Based on the above information received from the hand ball players, the questionnaire was duplicated and all the other necessary arrangements were made. After having a short discussion with the sport office heads about the aim of the research and the process of data collection, they cooperatively made all the arrangements. To this end orientation was given initially to the respondents selected to fill the questionnaire about the aim of the research and how the questionnaire should be filled. Then the questionnaire were distributed and collected in the end. As it was impossible to found all the respondents collectively for the sake of orientation, the distribution and gathering of questionnaire was made individually.

### **3.8 Method of data analysis**

To analyze the collected data, the researcher used both qualitative and quantitative approaches. This means, to analyze the data which collected by the questionnaire, frequency, percentage, mean, ranked mean, and one sample t-test were applied. To brief, frequency and percentage were applied to analyze the demographic data. To analyze the data that collected in line with challenges of hand ball sport, ranked mean was used, and to conceptualize the collected data

related to stakeholders' collaboration and sport resources: finance, equipments and the required facilities, one sample t-test was entertained. To do so, the statistical package for social science (SPSS) version 21.0 was used for the statistical analysis. In another way, the data which collected via interview and FGD was analyzed by using words, phrases, and statements by following thematic approaches.



## CHAPTER FOUR

### DATA ANALYSIS AND INTERPRETATION

The purpose of this study was to identify the obstacles of hand ball sport, to assess the stakeholders' coordination so as to improve hand ball sport, and to assess the finances, facility and equipment of North Wollo zone Handball sport. To do so, the researcher formulated three basic research questions, and the collected data related to these three questions were analyzed and interpreted as follow.

#### 4.1Demographic data of respondents

**Table 3** *Distribution of respondents based on their sex*

| Sex        | Frequency | Percent | Valid Percent | Cumulative Percent |
|------------|-----------|---------|---------------|--------------------|
| Valid male | 132       | 86.8    | 86.8          | 86.8               |
| female     | 20        | 13.2    | 13.2          | 13.2               |
| Total      | 152       | 100.0   | 100.0         | 100.0              |

As shown in the above, Table 3, among hand ball players of participant woredas, 86.8% were males and 13.2% were females. Thus, the numbers of female respondents were less than male respondents. Therefore, female participation in the hand ball needs to be increased. For amplification purpose, the researcher put participants in terms of their sex graphically as follow.

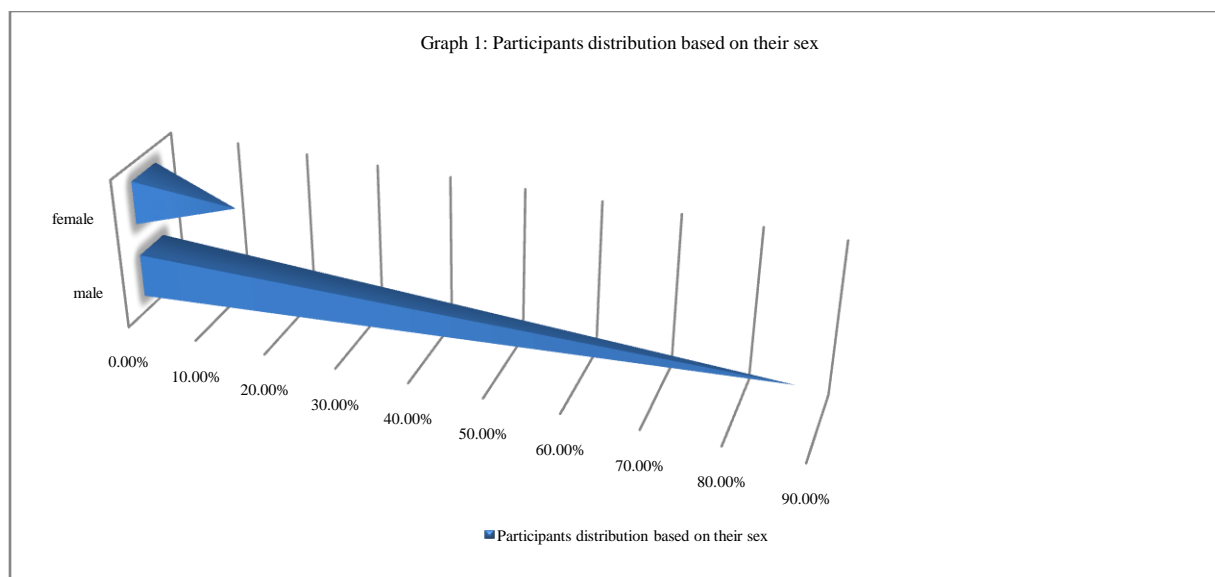
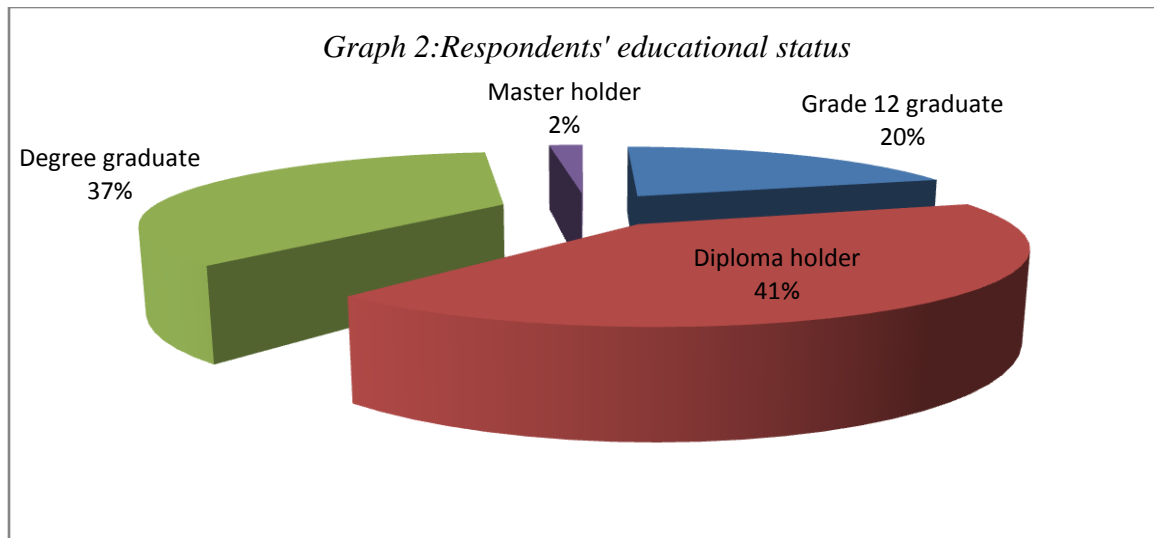


Table 4 *Distribution of respondents based on their education status*

|                         | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------------|-----------|---------|---------------|--------------------|
| Valid grade 12 complete | 31        | 20.4    | 20.4          | 20.4               |
| diploma                 | 62        | 40.8    | 40.8          | 61.2               |
| degree                  | 56        | 36.8    | 36.8          | 98.0               |
| master                  | 3         | 2.0     | 2.0           | 2.0                |
| Total                   | 152       | 100.0   | 100.0         | 100.0              |

With regard to their qualification; 20.4% handball players were grade twelve graduates, 40.8% were diploma holders, 36.8% were degree graduates, and 2% were 2<sup>nd</sup> degree holders. Therefore, the worda sport offices need to create conducive environment to upgrade them (the 12 graduates to the higher education level). For clarification purpose, the researcher has put participants in terms of their educational status graphically as follow.



#### **4.1 Major obstacles for the development of handball sport in North Wollo Zone**

To identify the faced challenges which affected the development of handball sport in the Zone, the researcher collected the required data from respondents, and analyzed it by using ranked mean. Thus, the application of the ranked mean helped the researcher to put the faced challenges based on their degree of effect or influences. And the output is presented as follow – Table 5

**Table 5. *Ranked mean values on challenges of handball sport***

| Items  | N   | Mean | Ranked mean | Std. Deviation |
|--|-----|------|-------------|----------------|
| 1. The Hand ball sport has not given much attention by the government as Football or Athletics | 152 | 3.48 | 6           | 1.145          |
| 2. The community have negative attitude towards handball                                       | 152 | 3.47 | 7           | 1.207          |
| 3. I'm not interested to be a handball athlete   | 152 | 3.70 | 3           | 1.140          |
| 4. The hand ball sport has not facilitated in the woreda as expected                           | 152 | 3.69 | 4           | 1.093          |
| 5. There is no a regular refreshment training program for coaches                              | 152 | 3.47 | 7           | 1.239          |
| 6. The handball athletes lack commitment to attain the training always                         | 152 | 3.89 | 1           | 1.253          |
| 7. The handball is dominated by others (football, athletics etc.) ball game                    | 152 | 3.78 | 2           | 1.214          |
| 8. the handball sport players have weak communication with sport committee members             | 152 | 2.91 | 10          | 1.278          |
| 9. Currently, the handball players have weak participation to compute with other players       | 152 | 3.39 | 9           | 1.080          |
| 10. the players are victims due to the shortage of field materials                             | 152 | 3.59 | 5           | 1.209          |

Of the given challenges, the respondents were rated the challenge which stated as “hand ball players have weak communication with sport committee members” as not obstacles that did not disturb the hand ball sport development in the North Wollo Zone since its mean score (2.91) was not greater than the test value (3).

In another way, as displayed in Table 5, the respondents put athletes lack of commitment to attain the training always as the principal challenge (M= 3.89 & ranked 1<sup>st</sup>) followed by hand ball domination by other sport types (M=3.78 & ranked 2<sup>nd</sup>), handball players' lack of interest in

the sport (M=3.70 & ranked 3<sup>rd</sup>), the hand ball sport has not facilitated in the woreda as expected (M= 3.69 % ranked 4<sup>th</sup>). Moreover, challenges such as handball players' lack of field material (M= 3.59), government's body lack of attestation towards the handball sport (M=3.48), communities negative perception towards the handball sport (M=3.47), lack of regular refreshment training program for coaches (M=3.47), and handball players' weak participation to compute with other players (M=3.39) were considered as challenges that affect the hand ball sport which ranked 6<sup>th</sup>, 7<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> respectively.

Similarly, respondents of the interview argued that although some community members contributed money for the sport when paying the land rent, responsible bodies that were found at woreda, zone, Regional and at the federal level were not worked for the development of the hand ball sport. As they briefed, they paid less attention towards the sport, the player did not get appropriate training so as to upgrade their playing skill, and the player themselves were not motivated to play the sport.

FGD participants also argued that:

The hand ball sport development status of the zone was remained poor by various reasons. For example, the sport did not get enough budget allocation, the teams did not get appropriate playing fields, and there were lack of resource materials for the sport (clothing, incentives). Not only this, but also the players seemed too weak to upgrade their playing status by participating in some trainings, by computing with other teams, and by collaborating with the sport offices.

So, it is possible to generalize the findings as the handball sport development of North Wollo Zone was affected by challenges such as government bodies lacks of initiation to facilitate their roles as expected; lack of budget allocation; lack of the required resource materials for the players; lack of regular training; and the players themselves lack of motivation to compute with other groups.

### 4.3 Status of Stakeholders collaboration towards handball sport development

**Table 6. One-Sample *t*-test on stakeholders collaboration for handball sport development**

| Items  | Test Value = 3 |      |       |        |     |                 |                 |   |       |
|--|----------------|------|-------|--------|-----|-----------------|-----------------|---|-------|
|  | N              | Mean | Std.  | t      | df  | Sig. (2-tailed) | Mean Difference | 95% Confidence Interval of the Difference |       |
|  |                |      |       |        |     |                 |                 | Lower                                     | Upper |
| 1. The administrative bodies have established (held) competition programs with others  | 152            | 2.89 | 1.354 | 2.096  | 151 | .138            | .230            | -.01                                      | .45   |
| 2. The coach has used training principles as expected  | 152            | 2.87 | 1.280 | 1.837  | 151 | .068            | .191            | -.01                                      | .40   |
| 3. The sport federation (local sport office) has worked jointly with teachers, coaches and other stakeholders for the development of the sport | 152            | 2.84 | 2.079 | -.975  | 151 | .331            | -.164           | -.50                                      | .17   |
| 4. The concerned bodies (coach, experts, committees etc.) have given great attention for the development of the handball sport                 | 152            | 2.87 | 1.295 | -1.252 | 151 | .212            | -.132           | -.34                                      | .08   |
| 5. The sport federation works collaboratively with schools to produce the young handball players   | 152            | 2.71 | 1.315 | -2.713 | 151 | .087            | -.289           | -.50                                      | .08   |
| 6. The management committee has worked cooperatively with the handball players   | 152            | 2.68 | 1.177 | -3.377 | 151 | .061            | -.322           | -.51                                      | -.13  |

To suggest stakeholders' level of cooperation for the development of the hand ball sport, the researcher analyzed the collected data via one sample *t*-test, and the finding is displayed here under.

According to the analyzed data (table 6), stakeholders' collaboration towards handball sport development was weak to establish competition programs with others ( $M = 2.89$ ;  $t(151) = 2.096$ ;  $p = .138$ ); to use training principles as expected ( $M = 2.87$ ;  $t(151) = 1.837$ ;  $p = .068$ ); and to work jointly with teachers, coaches and other stakeholders for the development of the sport ( $M = 2.84$ ;  $t(151) = -.975$ ;  $p = .331$ ).

Moreover, the stakeholders were unsuccessful to give attention for the development of the handball sport ( $M = 2.87$ ;  $t(151) = -1.252$ ;  $p = .212$ ); to produce the young handball players ( $M = 2.71$ ;  $t(151) = -2.713$ ;  $p = .087$ ); and to work cooperatively with the handball players ( $M = 2.68$ ;  $t(151) = -3.377$ ;  $p = .061$ ), because all the calculated mean values were less than the test value (3), and all the  $p$ -values were greater than 0.05.

This, in other words, means the coaches, sport committee members, sport experts and administrative bodies that were found at different levels did not work jointly for development of the handball sport.

The findings of the interview as well as supported the outcomes of the one sample  $t$ -test. To brief, the respondents argued that there was no collaboration among stakeholders so as to improve or upgrade the status of the handball players' skill. For example, most professionals such as sport experts, committee members, even the sport office heads etc. seemed to poor to facilitate their roles and responsibilities by clearly developing their work plans, or by showing their roles practically in the field.

This means as the FGD respondents added, the sport office had no controlling mechanisms, supporting mechanisms of the players, and the coaches also were not initiated to train the players accordingly. Moreover, the committee did not work towards the development of the hand ball sport. Therefore, as they noted, it was possible to say that the stakeholders in general were not task-oriented body who could prioritize performance goals over developing positive interpersonal relations, and having well developed hand ball players.

Based on the above stated findings, the researcher initiated to argue as stakeholders who found under sport offices of North Wollo Zone were ineffective to work towards the development of the handball sport.

#### 4.4 Availability status of finances, facility and equipment for North Wollo Zone Handball Sport

To assess the presence of required finance allocation, facility provision and equipment the handball sport in the North Wollo Zone, the researcher analyzed the data via one sample t-test, and the finding is displayed as follow

**Table 7 One-Sample t-test on availability of finances, facility and equipment for Handball Sport**

| Items   | Test Value = 3 |      |       |        |     |                 |                 |   |       |
|---|----------------|------|-------|--------|-----|-----------------|-----------------|---|-------|
|   | N              | Mean | Std.  | t      | df  | Sig. (2-tailed) | Mean Difference | 95% Confidence Interval of the Difference |       |
|   |                |      |       |        |     |                 |                 | Lower                                     | Upper |
| 1. The woreda allocates enough facility and equipment supplies for the handball sport   | 152            | 2.87 | 1.390 | 1.518  | 151 | .131            | .171            | -.05                                      | .39   |
| 2. The community has supported the handball project via sport wear, money and other resources                                 | 152            | 2.81 | 1.300 | 1.996  | 151 | .068            | .211            | .00                                       | .42   |
| 3. The sport office allocate enough budget so as to encourage the handball sport  | 152            | 2.82 | 1.412 | -.689  | 151 | .492            | -.079           | -.31                                      | .15   |
| 4. The woreda sport office supports the handball sport by initiating GOs and NGOs to furnish it with finance, sport wear etc. | 152            | 2.78 | 1.255 | -2.133 | 151 | .065            | -.217           | -.42                                      | .02   |
| 5. The handball sport gets equal access in budget allocation with other sport types   | 152            | 2.84 | 1.298 | -1.500 | 151 | .136            | -.158           | -.37                                      | .05   |
| 6. Yearly budgets of the handball is enough to facilitate the sport as expected   | 152            | 2.43 | 1.102 | -6.330 | 151 | .070            | -.566           | .74                                       | -.39  |

As the calculated values of the one sample *t*-test in Table 7 showed, the sport offices of the Zone were unsuccessful to allocate enough financial support, resource materials and the required equipment for the handball sport development, because all the calculated mean values of the six items were less than the test value (3), and all the p-values were greater than 0.05.



Specifically, the woredas were ineffective to allocate enough facility and equipment supplies for the handball sport ( $M=2.87$ ;  $t(151) = 1.518$ ;  $p=.131$ ); the community was unproductive to support the handball project via sport wear, money and other resources ( $M=2.81$ ;  $t(151) = 1.996$ ;  $p = .068$ ); and the sport offices were not allocate enough budget so as to encourage the handball sport ( $M=2.82$ ;  $t(151) = -.689$ ;  $p = .492$ ).

Besides, according to the analyzed data table .7, the woreda sport offices were weak to support the handball sport by initiating GOs and NGOs to furnish it with finance, sport wear etc. ( $M=2.78$ ;  $t(151) = -2.133$ ;  $p = .065$ ); the handball sport was had not got equal access in budget allocation as other sport types ( $M=2.84$ ;  $t(151) = -1.500$ ;  $p = .136$ ); and the yearly budget of the handball was not enough to facilitate the sport as expected ( $M=2.43$ ;  $t(151) = -6.330$ ;  $p = .070$ ).

Likewise, both the interview and FGD participants reported that in order to facilitate the hand ball game, it is vital to fulfill the required resource materials. However, as the interview finding noted, the handball game was found at zero status by different reasons. To begin with, the team did not get appropriate and the required sportswear. It was observed some players were playing the game by wearing their own regular wearing. This condition might de-motivate the sport athletes since the concerned bodies seemed weak to encourage them. Secondly, as observed practically in each woreda, there were no clearly prepared handball fields which motivated the team to involve in the handball game. Thirdly, according to the FGD respondents, there was no enough budget allocation, provisions of required resource materials and equipment. Such shortages of resource materials highly affected motivation of the hand ball sport participants of the zone.

Accordingly, based on the above stated findings, anyone can generalize by saying that the handball sport of North Wollo zone was found under scarcity of resource materials. Unless the problem is solved, it is difficult to expect the zone come to competent in the sport. Therefore, the zone needs to work towards the development of the handball game by working hard in terms of allocation of enough budgets, by furnishing the sport with the required sport materials and equipment.

## 4.5 Discussion and Implication

This section of the chapter clearly shows the implication of the study. To realize this, the researcher tried to brief mainly the three issues: faced challenges, stakeholders' collaboration, and availability of required resources for the development of the handball sport in the North wollo Zone.

To begin with, the calculated ranked mean briefly showed – see Table.5 the major challenges of the handball sport players which stated from high degree of influence to the less. Thus, according to the stated ranked means, athletes lack of commitment to attain the training, handball players' lack of interest, weakly involvement of the handball players in the woreda, handball players' lack of field materials, government bodies' lack of prominence towards the handball sport, communities negative perception towards the handball sport, and handball players' weak participation to compete with other players were taken as major factors which affected the handball sport.

This was also supported by the conducted interview and FGD respondents' responses. Thus, the participants suggested as the hand ball sport was affected by different challenges. To specify, as the interviewee responded, the government officials at different level simply saw the sport as something which might be used as recreational issue by denying national and international principles of the federation. Moreover, as the FGD participant's argued, weak attitudes of the team towards the handball were as well affected highly the development of the handball sport.

The finding of this study was confirmed Zemenu's research output. Zemenu (2011) reported that there was no handball club, shortage of facilities, not functional of regional and zonal federation officials, the absence of well trend and qualified man power at zonal and regional level in the sport commission office and lack of support from Amhara educational bureau to establish schools handball project etc. were challenges that affect the handball sport. The challenges, as he added, were resulted from due to less attention and focus paid by the sport administrators.

Europe is one of the countries with more elders. It is possible that by 2050, 37% of the European population would be more than 60 years of age. Because of this aging population, physical activity must become an obligation (Salinas, Cocca, Kamal & Viciania, 2010). This affirmation

was supported not only by studies (Martínez& Camps, 2008), but also by Public Administrations (Ramos & Pinto, 2005). Without having handball clubs, it was impossible to think the development of the sport so, concerned bodies should discuss with stakeholders NGO's and governmental organization to solve the problem of clubs. Specifically, sport leaders, coaches, experts and sport committees of the Zone, and Amhara regional state sport bureau are expected to create awareness up on the society about the concepts and importance of sport by itself, and make individuals to be parts of it.

Secondly, the one sample *t*-test finding, see Table 6, noted how stakeholders remained poor to work towards the development of the handball sport cooperatively. This means, as the interview respondents argued, sport officials were not motivated to work in relation to the handball sport. For example, FGD respondents stated, the coaches were weak to train the team by consulting the head office and the sport experts, the sport office heads did not show collaboration to plan the offices' annual activities by involving the experts, the committee members, or the team etc.

This finding was agreed directly with Dawit's study which noted that the coaches and trainees selected randomly without standard selection method and talent identification, coaches had no required quality, loose coordination and integration among stakeholders, there was a management problem, inadequate supervision and support made by concerned bodies at all levels, lack of attention in organizing and conducting refreshment and/or capacity building training by the higher bodies, absence of conducive environment for coaches and trainee, project facility and equipment is inadequate, there was lack of incentive for both trainee and coaches, and their interest was also low towards the handball sport (Dawit, 2014).

Therefore, every stakeholder such as Coaches, Instructors, Professionals and Amateurs should work hand to hand in order to solve the problems, the government should give equal emphasis to handball sport like other sports and the federal sport commission and regional sport commission together, should help for the development of handball sport in different corners of the city so as to increase its popularity (Demerachew, 2014).

Thirdly, the *t*-test value (see Table 7), and the obtained responses from conducted interview and FGD indicated how the North Wollo Zone was weak to fulfill the required resource materials, budget allocation and provision of the essential equipment for the hand ball sport. Specifically,

the interview participants reported as:

The handball sport has affected with ample problems. For example, lack of budget, in adequate sport facilities and equipment, and insufficient incentives for the players. This means that absence of skilled coaches or administration workers, shortage of budget for equipping and facilitating the training program, lack of follow up and implementation support by all concerned bodies at all levels, in adequate coordination and integration with all stakeholders, and incapability to solve management problems timely etc. resulted in to have weak handball sport in the zone.

Similarly, the study conducted by Seifpanahi and Haji (2017) showed that factors affecting the promotion of national teams include talent find, base teams, financial resources, coaches, facilities and equipment, procurement competition, and management stability. Similarly, in their study, Biruk (2010) and Belay (2011) reported that the students were not interested in the handball teaching, lack of encouragement for family, teachers and other concerned bodies inadequacy of school facilities and teaching materials etc. were the notable factors that disturb the handball sport development. The conducted study by Demerachew (2014) as well was argued that the major constraints associated with handball were found to have very low and shortage of finance, shortage of skilled manpower,, lack of facilities and equipment, no regular project training, no female clubs or teams, lack of control play ground in the villages, not following scientific method of training by coaches and very low level of sponsorship.

Dawit (2014:57), in his study, concluded as:

Sport materials are very essential to achieve the objective of any sport projects. However, the survey has proved that in the project, there were no sufficient/adequate equipment and facilities. Furthermore, it was observed that the hand ball field was below the standard.

Therefore, the sport officials, sport experts, office heads and commissionaires found at different status need to work to fulfill the required resources so as to develop the handball sport in the zone.

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSION AND RECOMMENDATION**

#### **5.1 Summary**

The main objective of this study was to identify the obstacles of hand ball sport in north wollo zone, to assess the stakeholders' coordination so as to improve hand ball sport, and to identify finances, facility and equipment provisions of North Wollo zone for the Handball sport. To do so, three basic research questions were designed: 1) what are the major obstacles for the development of handball sport in north wollo zone? 2) Are all stakeholders of hand ball sport jointly works to improve the Handball sport? And 3) Are there sufficient finances, facility and equipment for North Wollo zone Handball sport?

To suggest answers for these raised questions, the researcher was applied the descriptive survey method research design. The eight heads of sport offices and one hundred fifty two handball sport athletes were taken as participants of the study comprehensively. Moreover, eight sport experts, and sixteen sport committee members were made as participants of the study by using random sampling technique (lottery method). To collect the required data from these sources, questionnaire was developed for hand ball players; interview for sport office heads, and FGD designed for sport committees and sport experts. The collected data was analyzed by using percentage, frequency, mean, and ranked mean and one sample *t*-test accordingly. Specifically, percentage and frequency were used to analysis demographic data; mean and ranked men to identify possible challenges which could affect the handball sport; and one sample *t*-test as well was used to analyze data which collected in relation to stakeholders' collaboration and availability of required resource materials for the hand ball sport. Besides, words and narration in general were also used to analyze the qualitative data that gathered by the interview and FGD.

The findings of the data analysis indicated to what extent the handball was facilitated in poor manner by various reasons. Government bodies' lacks of commencement to facilitate their roles as expected to handball sport, stakeholders were ineffective to work towards the handball sport development jointly and weak to fulfill the required resource materials, budget allocation and provision of the essential equipment for the hand ball sport

## **5.2. Conclusion**

The findings of the data analysis indicated to what extent the handball was facilitated in poor manner by various reasons. To put specifically:

1, The handball sport development of North Wollo Zone was influenced by problems such as government bodies' lacks of commitment facilitate their roles as expected; lack of budget allocation; lack of the required resource materials for the players; lack of regular training; and the players themselves lack of motivation to compete with other groups etc.

2, The stakeholders were ineffective to work towards the handball sport development jointly. This means, stakeholder had loose coordination and integration to work towards the handball sport development; there was a management trouble; inadequate supervision and support made by concerned bodies at all levels; lack of attention in organizing and conducting refreshment and/or capacity building training by the higher bodies; absence of conducive environment for coaches and train project facilities and equipments were inadequate; there was lack of incentive for both trainee and coaches, and their interest was also low to involve in the sport.

3, The North Wollo Zone was weak to fulfill the required resource materials, budget allocation and provision of the essential equipments for the hand ball sport. To brief, the handball was in high levels of complexity or challenges: there was shortage of finance, shortage of skilled manpower, s, lack of facilities and equipments, no regular project training, no female participation of control play ground in the villages, the sport had not following scientific method of training by coaches, and there was no sponsorship opportunities in the zone.

## **5.3. Recommendation**

As stated above, in analysis, discussion and in summary part of the study, the handball sport found in North Wollo Zone was found under ranges of challenges such as lack of initiatives in higher government officials, lack of collaboration among stakeholders, and lack of the required resource materials and equipments for the handball sport could be mentioned as an example. So, to suggest solutions for the raised problems, the researcher put his recommendations as follows:

1, The sport officials who found at different levels of the zone have to work towards the development of the handball sport. Thus, they need to develop sense of ownership they have to initiated to work their responsibilities in line with furnishing the sport with required resource materials, enough budget allocation, and aware the players to what extent the sport is important particularly for their physical fitness, and for the national development. Moreover, governmental concerned bodies should carried out close and regular supervision, the project should have well organized short and long term plans, and regular reporting system should be in place, strong coordination among stakeholders, fulfilling the required facilities and equipment.

2, unless stakeholders work jointly, it is difficult to expect to the developed handball sport in the setting and in the nation in general. Therefore, stakeholders such as sport experts, sport office heads, sport committee members etc. are required to facilitate the handball cooperatively and jointly.

3, The handball team as team needs to have enough resource material provisions and enough budget allocations. Therefore, the concerned government bodies that found at the different chain of commands have to use additional budget for the growth and development of the sport for training the talent project player, for competition the teams, for giving capacity building for coaches, referees, and instructors etc. Not only this, but also the sport offices which found at worded, zone, regional and at federal levels need to work towards satisfying the handball material resource needs by working collaboratively with governmental and nongovernmental organizations, for example by designing different sound handball projects.

Generally, the sport offices need to work how their profession and their responsibilities have argued; the zonal sport departments and the regional state sport commissions are expected to support, guide, and help the sport communities, particularly the handball sport. And they are also need to control, monitor, and evaluate the development status of the handball sport.

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**Appendixes**  
**Bahir Dar University**  
**Sport Academy**  
**Department of sport sciences**  
**Appendixes**

**Appendix 1**

Prepared questionnaire for the handball sport players

The aim of this questionnaire is to conduct a research on the factors that affect the development of hand ball sport in north wollo zone so as to recommend possible solutions for the development of handball sport in the appointed study area. So I kindly request you to fill this questionnaire and give your genuine response because it gives a great benefit for the success of the research.

**General Instruction**

- ✓ Don't write your name.
- ✓ Please circle the possible answer among the multiple choices.
- ✓ If you have more than one answer among the multiple choices, answer all by circling the letters of your choices.
- ✓ For open-ended questions, try to give precise and concise answers.

Thank you for your positive response

**Part one: general information about respondents' background**

1. Sex: A. Male          B. Female
2. Educational Backgrounds;  
A. Below certificate B. Certificate C. Diploma D. Degree      E. Master and above

**Part two; Questions associated with challenges, stakeholders levels of collaboration and availability status of resource materials for the handball sport development.**

**Instruction** – there are items stated in the following table by considering the above three listed issues: challenge, stakeholders' collaboration and resource material provision levels. So, you

need to select the possible answers from the given alternatives and put “X” mark in front of the choice box. To do so, the researcher has put two types of likert scales: agreement scale (5=strongly agree, 4=agree, 3=undecided, 2=disagree, and 1=strongly disagree). And frequency likert scale (5=always, 4=often, 3=sometimes, 2=rarely, and 1=never at all).

| <b>I. Major obstacles for the development of handball sport</b><br>(5= strongly agree, 4=agree, 3=undecided, 2=disagree, and 1=strongly disagree)         |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| No  | Item  | 5 | 4 | 3 | 2 | 1 |
| 1.  | The handball sport has not given much attention by the government bodies  |   |   |   |   |   |
| 2.  | The community has negative attitude towards the handball sport  |   |   |   |   |   |
| 3.  | The handball players have not interested to involve in the sport  |   |   |   |   |   |
| 4.  | The handball sport has facilitated in the woreda ineffectively  |   |   |   |   |   |
| 5.  | There is no regular refreshment training programs set for the coaches   |   |   |   |   |   |
| 6.  | The handball athletes have lack of commitment to attain the training always   |   |   |   |   |   |
| 7.  | The handball sport has dominated by others (football, athletes etc.)  |   |   |   |   |   |
| 8.  | The handball sport players have weak communication with sport office  |   |   |   |   |   |
| 9.  | Currently, the handball players have weak participation to compute with other players   |   |   |   |   |   |
| 10.   | The handball players are victims due to the shortages of field materials  |   |   |   |   |   |
| <b>II. Stakeholders' collaboration status towards the handball sport development</b><br>(5=Always, 4=Often, 3= Sometimes, 2= Rarely, and 1= Never at all) |   |   |   |   |   |   |
| No  | Item  | 5 | 4 | 3 | 2 | 1 |
| 11.   | The administrative bodies have established (held) competition programs with others  |   |   |   |   |   |
| 12.   | The coach has used training principles as expected  |   |   |   |   |   |
| 13.   | The sport federation (local sport office) has worked jointly with teachers, coaches and other stakeholders for the development of the sport |   |   |   |   |   |
| 14.   | The concerned bodies (coach, experts, committees etc.) have given great attention for the development of the handball sport                 |   |   |   |   |   |
| 15.   | The sport federation works collaboratively with schools to produce the young handball players   |   |   |   |   |   |

|   |  |          |          |          |          |          |
|---|--|----------|----------|----------|----------|----------|
| 16.   | The management committee has worked cooperatively with the handball players  |          |          |          |          |          |
| <b>III. The Available status of required resources materials for the handball sport</b><br><i>(5=Always, 4=Often, 3= Sometimes, 2= Rarely, and 1= Never at all)</i> |  |          |          |          |          |          |
| No  | Items  | <b>5</b> | <b>4</b> | <b>3</b> | <b>2</b> | <b>1</b> |
| 17.   | The woreda allocates enough facility and equipment supplies for the handball sport   |          |          |          |          |          |
| 18.   | The community has supported the handball project via sport wear, money and other resources                                 |          |          |          |          |          |
| 19.   | The sport office allocate enough budget so as to encourage the handball sport  |          |          |          |          |          |
| 20.   | The woreda sport office supports the handball sport by initiating GOs and NGOs to furnish it with finance, sport wear etc. |          |          |          |          |          |
| 21.   | The handball sport gets equal access in budget allocation with other sport types   |          |          |          |          |          |
| 22.   | Yearly budgets of the handball is enough to facilitate the sport as expected   |          |          |          |          |          |

## **Appendix 2**

### **Interview and FGD questions for sport office heads, sport experts and sport committee members.**

#### **Dear respondent!!**

This interview and FGD need conduct to get appropriate information for the study entitled with” *Factors That Affect the Development of Handball Sport: In The Case of North Wollo Zone*”. Your response is really vital in providing new inputs in the improvement of the handball sport. Therefore, the researcher requests kindly your collaboration in providing appropriate possible answers for the raised questions. Please be informed that you will not be referred by name and all your responses will be kept confidential.

**Thank You with great regards!!**

1. What are the challenges which can affect the handball sport in your woreda?
2. How the stakeholders work for the development of the handball sport?
  - 2.1.Do they work jointly for the sport development?
  - 2.2.Have they positive outlook, commitment and perception to work to words the handball sport development?
  - 2.3.How the government bodies found at different levels have support the handball sport?
3. How the woreda furnishes the handball sport by the required resource materials?
  - 3.1.Does the woreda allocate enough budgets for the handball sport?
  - 3.2.Do the handball sport players have conducive sport field and sport wear materials?

**የስፖርት ሳይንስ ድህረ ምረቃት/ትክፍል**

የዚህ መጠየቅ ወረቀት ዋና አላማ ወበሰሜን ወሎ ያለው ንጥል ጥጥር ስለሆነ የጥናት ለማድረግ እና የጥናቱን ውጤት ደግሞ ለሚመለከተው አካል ለማሳወቅ ነው። ስለሆነም እርስዎ ለሚያደርጉልኝ ቀናት ብዙ ርቀት ደሜያ እያመለገን ሁይህ የመጠየቅ ወረቀት ለጥናት እና ምርምሩ ውጤታማነት ወላኝ ስለሆነ ይህንን የመጠየቅ ወረቀት ብቻ ከሌሎች ርቀት እንደሚመለከት እንደሚታወቅ ምልክት ይዟል።

□ ስምዎትን መፃፍ አያስፈልግዎትም፡፡

፲ እባክዎትብምርጫዎቹባሉትአማራጮችትክክልነውብለውያሚያስቡትንያክብቡ፡፡

1. የታህ. ወንድሰ. ሴት

2. እድሜ. ሀክ20 ዓመት-በታችላ.ክ 20-25 ሐ.ክ25-30  
መ.ክ30-35 ሠ.ክ35 ዓመት-በላይ

### 3. የትምህርት ደረጃ

ሀ. ከሰረዲታዊነት ብቻ ችላል፡ ሰርዲታዊነት ሐ. ደገሎማመ፡ ደገሪህ፡ ማስተርስኦናበላይ

ክፍል ሁለት፡ ጥናቱን የተመለከተ ዋና ጥያቄ፡ ለስፐርቱኦል ንጉሶች ግርድና የሥነውጤት አገልግሎት ዳይሬክቶሬት አገልግሎት ሁም የሚመለከታቸው አካላት በቂ የገንዘብና የቁሳቁስ አቅርቦት ያቀርባሉ የሚሉ ናቸው፡፡ ስለዚህ ህክላይ የተጠቀሱት ንግድ ባንኮች ታላቢ በማድረግ ማለትም መሰናክሉን የአስተዳደር አካላት በቅንጅት የሚሰሩ መሆናቸውን እና የገንዘብና የቁሳቁስ አቅርቦት አለመሆናቸውን ስለዚህ ህክና ንጉሳዊ ስሜት አማራጭ ትክክለኛውን መልስ እንደታሰቀም ቱይጤይቃል በዚህም መሰረት ሁለት አይነት ሊከርት ስክል አስቀምጦ በጣም እስማማለሁ፡፡ እስማማለሁ፡፡ በተወሰነ፡፡ አልስማማም በጣም አልስማማም፡፡

(ሁልጊዜ፣ ብዙጊዜ፣ አንዳንድጊዜ፣ ብዙም አልተለመደምምንም የለም ) የሚሉ ናቸው፡፡



1. የእጅኳስስፖርትበመንግስትአካላትትኩረትአየተሰጠውአይደልም

ሀ. በጣምአስማማለሁለ. አስማማለሁሐመወሰንአልቸልምመ. አልስማማም ሰበጣምአልስማማም

2. ማህበረሰቡለእጅኳስስፖርትያለውአመለካከትአሉታዊነው

ሀ. በጣምአስማማለሁለ. አስማማለሁሐ መወሰንአልቸልምመ. አልስማማምሰበጣም.አልስማማም

3. የእጅኳስተጫዋቾችበስፖርቱለመሳተፍፍቃደኝነታቸውአነስተኛነው

ሀ. በጣምአስማማለሁለ. አስማማለሁሐ . መወሰንአልቸልምመ. አልስማማምሰ. በጣምአልስማማም

4. የእጅኳስስፖርትበወረዳውያለውእንቅስቃሴደካማነው

ሀ .በጣምአስማማለሁለ. አስማማለሁሐመወሰንአልቸልምመ. አልስማማምሰ. ምንምአልስማማም

5. ለአሰልጣኞችተከታታይነትያለወየስልጠናፕሮግራምአይዘጋጅላቸውም

ሀ .በጣምአስማማለሁለ. አስማማለሁሐ . መወሰንአልቸልምመ. አልስማማምሰ. ምንምአልስማማም

6. የእጅኳስአትሊቶችበሚሰውስልተናላይተሳትፊለመሆንቁርጫኝነትየላቸውምሀ

.በጣምአስማማለሁለ. አስማማለሁሐ . መወሰንአልቸልምመ. አልስማማምረ. ምንምአልስማማም

7. የእጅኳስስፖርትበሌሎችየስፖርትአይነቶችተፅዕኖስርወድቋል

ሀ..በጣምአስማማለሁለ. አስማማለሁሐመወሰንአልቸልምመ. አልስማማምሰ. ምንምአልስማማም

8. የእጅኳስስፖርትተጫዋቾችከወረዳውስፖርትፅ/ቤትጋያላቸውግንኙነትደካማመነው

ሀ .በጣምአስማማለሁለ. አስማማለሁሐ . መወሰንአልቸልምመ. አልስማማምሰ. ምንምአልስማማም

9. የእጅኳስተጫዋቾችከአቻአባላቶችጋርወድድርለማድረግድክመትይታይባቸዋልሀሀ

.በጣምአስማማለሁለ. አስማማለሁሐመወሰንአልቸልምመ. አልስማማምሰ. ምንምአልስማማም

10. የእጅኳስተጫዋቾችየትጥቅአቅርቦትችግርአለባቸው

ሀ.በጣምእስማማለሁለ. እስማማለሁሐ . መወሰንአልቸልምመ. አልስማማምረ.  
ምንምአልስማማም

11. የስፖርቱክሰመራርአካላትከሌሎችአካላትጋርየስፖርታዊውድድርፕሮግራምያዘጋጃለሁ

ሀ.ሁልጊዜሊ. ብዙጊዜሐ .አንዳንድጊዜመብዙምአልተለመደምሰ. ምንምየለም

12. አሰልጣኞችየስልጠናዝግጅትንይከተላለሁ

ሀ. ሁልጊዜሊ. ብዙጊዜሐ .አንዳንድጊዜመብዙምአልተለመደምረ.ምንምየለም

13.

ከቀበሌእስከከፍተኛደረጃያሉየፌዴሬሽንአካላትለእጅኳስእድገትከመምህራን፤ከአሰልጣኞችናከ  
ባለድርሻአካላትጋርበትብብርእየሰሩይገኛለሁ

ሀ. ሁልጊዜሊ. ብዙጊዜሐ .አንዳንድጊዜመብዙምአልተለመደምረ. ምንምየለም

14.

የሚመለከታቸውአካላትማለትምአሰልጣኞች፤ባለሙያዎችናኮሚቴዎችወዘተለእጅኳስስፖርት  
ትእድገትከፍተኛትኩረትይሰጣለሁ.ሁልጊዜሊ. ብዙጊዜሐ .አንዳንድጊዜመብዙምአልተለመደምሰ.  
ምንምየለም

15.

ወጣትየእጅኳስተጫዋቾችንለማፍራትየእስፖርትፌዴሬሽንከትምህርትቤቶችጋርበትብብርበ  
መስራላይነዉ።

ሀ.ሁልጊዜሊ. ብዙጊዜሐ .አንዳንድጊዜመብዙምአልተለመደምሰ. ምንምየለም

16. የማኔጅመንትኮሚቴወ.በትብብርከእጅኳስኮሚቴውጋርበትብብርአብሮይሰራል

ሀ. ሁልጊዜሊ. ብዙጊዜሐ .አንዳንድጊዜመብዙምአልተለመደምሰ. ምንምየለም

17. የእጅኳስስፖርትአስፈላጊግብአቶችንወረዳውአሟልቷልሀ.ሁልጊዜሊ. ብዙጊዜሐ  
.አንዳንድጊዜመብዙምአልተለመደምሰ. ምንምየለም

18. ህብረተሰቡየእጅኳስስፖርትንበትጥቅ፤በገንዘብናበሌሎችመዋጮችይረዳለሁ

ሀ.ሁልጊዜሊ. ብዙጊዜሐ .አንዳንድጊዜመብዙምአልተለመደምሰ. ምንምየለም

19. የእጅኳስስፖርትን ለማጠናከር ወረዳው በቂ የሆነበጀት ይመድባል.

ሀ.ሁልጊዜሊ. ብዙጊዜሊ .አንዳንድጊዜሙብዙም አልተለመደምሲ. ምንምየለም

20.

መንግስታዊና መንግስታዊያልሆነድርጅቶችን ለማጠናከር በገንዘብና በትጥቅ ሊፈጽሙ ወረዳው ድርሻውን በመወጣት ላይነው

ሀ.ሁልጊዜሊ. ብዙጊዜሊ .አንዳንድጊዜሙብዙም አልተለመደምሲ. ምንምየለም

21. የእጅኳስስፖርት ክሌሎች አቻ የስፖርት ክፍሎች ጋር ተመጣጣኝ በጀት ይመደብበታል

ሀ.ሁልጊዜሊ. ብዙጊዜሊ .አንዳንድጊዜሙብዙም አልተለመደምሲ. ምንምየለም

22.

ለእጅኳስስፖርት የሚመደበው ዓመታዊ በጀት ስፖርቱ በተፈለገው መጠን ልክ እንዲያድግበቁነው  
ሀ .ሁልጊዜሊ. ብዙጊዜሊ .አንዳንድጊዜሙብዙም አልተለመደምሲ. ምንምየለም

## **ውድተሳታፊ**

የዚህቃለመጠይቅናየቡድንውይይትዋናአላማው (factor Affecting the development of hand ball sport in the case of North Wollo

)በሚለውየምርምርርዕሰላይመረጃለመሰብሰብነው።ያንተወይምያንቺመልስለጥናቱአዲስአብይትያስገኛልተብሎይታመናል።

ስለዚህአጥኝውለተሰጡትጥያቄዎችአስፈላጊውንመልስትሰጥወይምትሰጭኝዘንድበትህትናይጠይቃል።

ከዚህባሻገርስምህወይምስምሽአይደሉም።ከዚህበተጨማሪምትሰጠውወይምየምትሰጭውመልስበሚሰጥይጠበቃል።

ለትብብርዎእናመሰግናለን።

1. በወረዳህወይምበወረዳሽውስጥእጅኳስስፖርትመስናክልየሚያስናክሉነገሮችምንድንናቸው
2. ለእጅኳስእድገትየባለድርሻአካላትእንዴትእየሰሩነው
  - 2.1. ለስፖርቱእድገትተባብረውእየሰሩነው
  - 2.2. እነኝህአካላትለስፖርቱእድገትቀናኦመለካከትቁርጠኝነትእናፍላጎትአላቸውወይ
  - 2.3. በተለያየምየሚገኝባለድርሻአካላትለስፖርቱእድገትእንዴትእየሰሩነው
3. ወረዳውለእጅኳስየሚያስፈልጉግብዓቶችንእንዴትእያሟላነው
  - 3.1. በቂበጀትይመደባል
  - 3.2. የእጅኳስተጫዎችበቂናተመጣጣኝአቅርቦትተሟልቶላቸዋል