

Socio-economic factors influencing muslim university student participation in sports in Kenya.

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#### ABSTRACT

There is a strong theological background supporting sports in Islam (Qur'an, 16:8). However, this is on condition that it is lawful and does not hamper other religious obligations (Quran 2: :: 19, 5: 91-92). Conclusive studies validate significant benefits of participating in physical activities. For instance exercise has been used in prevention and management of Coronary heart disease, Hypertension, Blood lipids and lipoprotein profile, Cardiac function, Bone mineral status, Smoking risks, Body composition and weight control, Blood glucose regulation, Musculoskeletal disorders and Stress management and mental health among others. Despite this, there is still a gap between the theory and practice regarding participation in sports among Muslim students in Kenyan universities. The purpose of this study was to find out socio-economic determinants of Muslim student participation in sports. The study adopted a survey design. Factors under investigation were gender as an independent variable while determinants were the dependent variables. The study targeted Muslim students from the six public universities in Kenya. A questionnaire was constructed on a five - point likert scale and then used to acquire information. Random sampling was used to select a sample size of 252 subjects. Descriptive statistics were used to describe students' participation levels in sport. ANOVA was used to determine gender differences. Results showed. Three out of five structural factors affecting Muslim student' participation in sports showed significance difference (.047 .. 000. and .010); two out of seven of socio-economic factors tested showed significant difference (.001 .. (Jon)). Based on the findings of this study the recommendations were suggested to guide in policy formulation and further research. Key words; Islam, Quran, Sports.

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