

ASSESSING HUMAN KINETICS AND HEALTH EDUCATION PRE-SERVICE TEACHERS' ATTITUDE TOWARDS USING SOCIAL MEDIA PLATFORM FOR INSTRUCTIONAL CONTENT DELIVERY IN SCHOOLS

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Abstract: *This study assessed the Human Kinetics and Health Education pre-service teachers' attitude towards using social media platform for instructional delivery in schools. The study was a descriptive study. The target population for this study were all the Human Kinetics and Health Education pre-service teachers at the Federal University Dutsin-ma, Katsina State. Simple random sampling technique was used to select one hundred (100) Human Kinetics and Health Education pre-service teachers among 485 in the school. Questionnaire was the instrument used in this study and two research questions and one research hypothesis were used to guide the conduct of the study. The reliability of the instrument after subjecting it to Cronbach alpha was 0.82.was established. The results of the findings revealed that, Human Kinetics and Health Education pre-service teachers have positive attitude towards using social media for learning in school, and there was no significant difference in the attitude of both male and female towards using social media for learning in school. Based on this, it was recommended that, the school authority should encourage the use of social media for learning curriculum content in school.*

Keywords: *socio media, pre-service teachers, platform, instructional content, delivery.*

Introduction

The use of social media in education refers to the use of online social media platforms in academic settings ranging from elementary and secondary school to post-secondary education. Social media is becoming more accessible and easier to use, meaning that the age of students who are able to understand and use social media are getting

younger and younger. Integrating social media into education has been a controversial topic during the 2010s in which people have continued to debate on whether or not these types of media have a place in the classroom. Many parents and educators have been fearful of the repercussions of having social media in schools and there are concerns that social media tools can be misused for cyberbullying or sharing inappropriate content (Salaway; Caruso and Mark, 2008).

Social media is websites and applications that enable users to create and share content or to participate in social networking. Social media is not just limited to posting pictures about holidays online. Social media has gained credibility over the years as a reliable source of information and platform where organizations can interact with audiences. With so many new technologies emerging every day, there have been many companies to arise solely and focused on athletic performance. The researchers further stated that tools like Opt - jump and Opt - Gait have come about due to the advantage technology now brings to the table for coaches. Awujoola-Olarinoye & Omiola (2020).

Social network tools afford students and institutions with multiple opportunities to improve learning methods. Through these networks, you can incorporate social media plugins that enable sharing and interaction. Students can benefit from online tutorials through YouTube, online courses delivered by universities abroad through Skype and a wide array of resources that are shared through social networks (Rishika, (2019)

There is valuable knowledge to be gained through social media such as analytics and insights on various topics or issues for study purposes. As an educational institution, it is crucial to be active in many social platforms possible, this helps create better student training strategies and shapes student culture. The great thing about using social media in education is that one will be exposed to experts that are in different fields and subjects. When one starts following these experts one can learn more and gain useful content from them, this empowers scholars to produce great results. Social media has the ability to broaden your perspective on various subjects and gives illuminating, instant content that is new. You have the opportunity of engaging experts to get answers on topics that you may need help in learning colleges have the ability to connect with students through social media networks such as Facebook, Google Plus groups, and YouTube. These channels can be used to communicate campus news, make announcements and provide students with useful information. This builds engagement between the college and students which help tackle many student issues through the

group (Vie, (2008). Through social mediums such as YouTube, Facebook or Instagram live video the engagements between students and the institution can be sustained. Rishika, (2019) opined that the benefits of social media in the Education process doesn't have to stop at the teacher-student relationship. There are a lot of other benefits that can be extracted from the use of social networking at higher levels as well. For example, principals or administrators can find a new way to integrate social media like sharing school news via social networks, holding an online meeting with the parents or even starting fundraising for different projects. He further stated that social media can quickly become the only channel of communication since we're living fast-paced lives, parents are usually busy with work and cannot attend school meetings. But this doesn't mean they shouldn't be in touch with events or be able to check on their kids occasionally. Social media offers the audience and subject monitoring tools that are useful and it is one of the best platforms to extract data. You can find out how the majority people feel about a particular topic by creating Instagram/Facebook Polls, or conduct a survey using Google Forms or Survey monkey, or how experts perceive and advice on specific issues by using forums like quorate. This can help students compile and produce useful content for research. Whether students are working on an assignment, working on a project or trying to gain more insight on a subject, some of the best information and results can be extracted from social media. Slide share could help in making presentation of such data. (Skeels & Crudin, 2016) The use of social media in education provides students with the ability to get more useful information, to connect with learning groups and other educational systems that make education convenient. Social network tools afford students and institutions with multiple opportunities to improve learning methods, social network sites enable students to interact with one another, build a sense of community, develop content, as well as require students to be active in their own learning through participating, thinking, and contributing.

The acronyms for KHE are 'Human Kinetics and Health Education; Therefore, Human Kinetics and Health Education pre-service teachers are the student teachers in training who may be at any tertiary institution producing teachers like Colleges of Education, Universities and other related institutions. Attitude simply means manner, disposition, feeling, position with regard to a person or thing; tendency or orientation, especially of the mind: a negative attitude; group attitudes, position or posture of the body appropriate to or expressive of an action, emotion,

Attitude is the belief that one has towards people and surroundings. In case of education, students' positive attitude may influence their academic achievement. Attitude can be formed from a person's past and present; it is the readiness of the psyche to act or react in a certain way. In addition, attitude of KHE undergraduates towards the use of social media network would be encompassing. Some would like social media while others will dislike its usage depending on one's disposition. Attitudes often come in pairs, one conscious and the other unconscious (Obaid, Wasal, and Amir, 2017).

Purpose of the study

The purpose of this study was to assess Human Kinetics and Health Education Pre-Service Teachers' Attitude towards using Social Media Platform for Instructional Content Delivery in Schools. Specifically, the study examined:

- (i) Pre-service teacher's attitude towards social media for learning in schools.
- (ii) Difference in the Human Kinetics and Health Education pre-service teacher's attitude towards social media for learning in schools based on gender.

Research Questions

The following research questions guide the study:

- (i) What are the Human Kinetics and Health Education Pre-service teachers' attitude towards social media for learning in schools?
- (ii) Is there any difference in the Human Kinetics and Health Education pre-service teacher's attitude towards social media for learning in schools based on gender?

Research Hypothesis

The hypothesis was tested in this study:

- H₀₁:** There is no significant difference in the Human Kinetics and Health Education pre-service teacher's attitude towards social media for learning in schools based on gender.

Methodology

This is a descriptive survey research. The target population for this study was all the student teachers in training at the Federal University Dutsin-Ma, Katsina State. Simple random sampling technique was

used to select one hundred male and female (50 males and 50 females) students for the study. The instrument used in this study was a researcher designed questionnaire which was validated by the two lecturers at the Federal University Dutsin-Ma, Katsina State. One of the lecturers was an expert in measurement and evaluation in the Department of Educational Foundations while the other one was from the Human Kinetics and Health Education field. Two research questions and hypothesis were raised to guide the conduct of this study. The reliability of the instrument was established using Cronbach Alpha and 0.82 was the value arrived at. The administration of the questionnaire was done by the researcher. After collating the collected data, it was analyzed using frequency counts, percentages, and mean and t-test inferential statistics.

Results

Research Question One

What are the Human Kinetics and Health Education Pre-service teachers' attitude towards social media for learning in schools?

Table 1: Analysis of frequency and percentages of the KHE Pre-service teachers' attitude towards social media for learning in schools

S/N	Items	SA	A	D	SD
		F %	F %	F %	F %
1	Educational information obtained on social media are never misleading therefore I like using it for learning.	50 50	35 35	10 10	05 05
2	Interaction with my teachers and colleagues on social media is educative and I enjoy it	60 60	30 30	06 06	04 04
3	I get useful educational information on diverse areas on social media that encourages me to be	25 25	65 65	03 03	07 07

	serious with my study				
4	It is important to keep up with the latest information about my discipline on social media.	15 15	65 65	15 15	05 05
5	I regularly use social media because I find information gathered through them useful for my study	35 35	56 56	04 04	05 05
6	I feel interaction on social media enhances my learning processes.	44 44	39 39	07 07	10 10
7	I believe that social media gives me the opportunity to acquire new knowledge.	13 13	67 67	12 12	08 08
8	I believe that social media enhances my learning experience.	27 27	63 63	07 07	03 03

Table 1 above shows that the responses of the respondents concerning the attitude of Human Kinetics and Health Education Pre-service teachers towards the use of social media for learning in school is positive. This implies that pre-service teachers show positive attitude in using social media for learning various concepts in school. As the respondents confirmed from the table above that educational information obtained on social media are never misleading therefore the respondents like it for learning.

Hypothesis One

Ho1: There is no significant difference in the Human Kinetics and Health Education pre-service teacher's attitude towards social media for learning in schools based on gender.

Table 2: Analysis of t-test of the difference in the Human Kinetics and Health Education Pre-service teacher's attitude towards social media for learning in schools based on gender

Item	N.	-	Std
		X	

Key:

There is no significant difference in the mean scores of pre-service teachers' attitude to the use of social media for learning in school, this is because $t(98) = 0.603$, $p > 0.5$ significant level. The null hypothesis is therefore accepted and this implies that, there is no significant difference in the attitude of male and female Human Kinetics and Health Education students towards using social media for learning in school. Looking at this result it shows a clear indication that attitude to social media usage for learning is not gender biased which means both Male and female Human Kinetics and Health Education Pre-Service teachers have positive attitudes towards the use of social media platform for their learning.

Discussion

The finding of the study revealed that the attitude of Human Kinetics and Health Education students towards the use of social media for learning instructional content is positive. This implies that the Human Kinetics and Health Education pre-service teachers are willing to use social media for learning curriculum content in school. This finding supported the work of Dalton (2016) which reported that teachers have positive attitudes towards online and recommended that training in e-learning needs to be provided to teachers to widen their understanding of e-learning.

The finding of this study also showed that, there was no significant difference between the attitude of male and female Human Kinetics and Health Education pre-service teachers towards using social media

for curriculum content in school. This finding is in line with the findings of Obielodan (2019), who reported no differences between male and female teachers' perception of the use of digital technology (blended learning) for instruction.

Conclusion

Based on the findings of the study, it is concluded that pre-service teachers have positive attitude towards using social media for curriculum content in the Federal University Dutsin-Ma in Katsina State and there is no significant difference in the opinion and attitude of male and female social media usage for learning in school.

Recommendations

Based on the findings, the following are recommended:

1. The Federal University of Dutsin-Ma school management and authority should encourage the use of social media for learning curriculum content.
2. The Human Kinetics and Health Education pre-service teachers should be trained in the use of social media in teaching and learning in school so as to impact the same knowledge for the content delivery in school.
3. The school management and authority should provide access to internet connection in the school to aid social media usage.

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