

# THE CAUSES FOR THE DECLINING THE NUMBER OF ADDIS ABABA HANDBALL CLUBS

BY

DEREJE MULUGETA

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As thesis research advisor, I hereby certify that I have read and evaluated this thesis prepared under my guidance by Dereje Mulugeta entitled "the study on: the cause for the declining the numbers of handball clubs in the case of Addis Ababa." I recommend that it be submitted as fulfilling the thesis requirement.

Dr. Aschenak Tadesse	_____	_____
Major advisor	Signature	Date

As members of the board of examiners of the M.Sc. thesis open defense examination, we certify that we have read and evaluated the thesis prepared by Dereje Mulugeta and examined the candidate. We recommend that the thesis be accepted as fulfilling the thesis requirement for the degree of master of sciences in Department of sport science handball specialization.

_____	_____	_____
Chair person	Signature	Date

_____	_____	_____
Internal Examiner	Signature	Date

_____	_____	_____
External Examiner	Signature	Date

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## **Acronyms**

IAAF	International Amateur Athletics Federation
IHF	International Handball Federation
MYS	Ministry of Youth and Sport
MDG	Millennium Development Goals
NGO	Non Government Organization

## ABSTRACT

The type of research which considered in this research is descriptive research method and it has been conducted to examine the causes for the declining the number of Addis Ababa handball clubs. The thesis was organized into five chapters. The general objective of the study was to assess the main causes of declining of Addis Ababa handball clubs and its scope is the spatial coverage delimited to handball clubs which are assume to be found at Addis Ababa. Accordingly, in order to achieve its goals both the primary and secondary data collection method has been implemented by the researcher. Primary data were collected from formal and informal survey and thus formal survey was carried out by questionnaires, which has been filled with trainees of handball clubs; interview was conducted to the coaches of handball clubs, bodies' management and member of handball clubs. Informal survey was under taken through personal observation in the training area. The secondary data was gathered from the related published materials which were found in the library and website. In Addis Ababa city there is three handball clubs. Out of the total population 48 of those study area; using purposive sampling method the researcher included 37(77.08%) of the sample size. The result of the findings are presented using tabulation and pie chart, interpreted using percentage and then analyzed. Finally based on the analysis summery, conclusion and recommendation was set.

- ◆ **Key words:** Training, Coaching, Facility, Project, Declining and Handball

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of the Study

Addis Ababa handball were introduced to during the 1967 via university instructors. After few years, participants consisting of members from the police military forces and various sections or 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. The EHF was established in 1969. One year later 10 clubs were established. AAHF was formed in 1993 under the Addis Ababa sport commission. From 1975 up 1982, women club were 10. The sport was frequented by 5 clubs only from 2001-2011, in which case such sporting which had once been a hosts hot, was treated with highly frigidity and its popularity was reduced in to the period until 2011 and the total number of clubs lowered from 17 to 3.

Handball is a fast attacking game played in its most popular version; by two teams of seven players in each side that also have substitutes. The competition to score more goals than the opponent team within the time allowed to play the game gives it a fascinating feature and also the skillful dribbling of the ball by the players and their tactful playing style in order to get a shooting opportunity and to score a shoot consequently catches ones attention.

The best way to think handball is to relate with other team games such as basketball and volleyball. The ball can be dribbled and passed like that of basket ball and played by hand as similar to volley ball. A player is penalized for fouls by being suspended from playing. During the game (play) each team tries to shot the ball in to opponent's goal and defend their own goal a gains attacks by the other side. As a rule, a player may not hold the ball in his hand for long the maximum of three seconds or three steps.

Handball like other ball games has its own much popularity in worldwide context. As the result there exists numerous handball clubs in every context. The development of handball in worldwide context is the product of many scholars who make a significant contribution through their studies.

Having the above idea in mind this study will focuses on the study on: the causes for the declining the number of handball clubs in the case Addis Ababa. Since, the event of handball activities in Ethiopia is a short phenomenon, the success or growth of handball in the country is limited, which indicates clearly the factors that attribute to inconsistency of progress. Addis Ababa handball club consist of seven teen men clubs from 1967 until 1989, then number of the clubs declined or fallen to only three (3) clubs. The researcher is therefore, aimed at finding out the problems that brought about the inconsistency.

## **1.2 Statement of the Problem**

Now a days in physical activities or sport has becoming to familiarize. Similarly, in our country with a little limitation in some area of sports it is performed by the citizens. Accordingly, as we observe that the development of sport in some event like athletics accounts dramatic changes; the awareness, practical application and values of handball sport shows the reverse of this. In addition to this even though handball sport account many year's after introduced to our country, its development fluctuates from the time of its introduction. Accordingly, at the time of introducing it was showed a dramatic development; as the result there were 17 handball clubs were established. Then afterwards dramatically those clubs were declined only to 3. This indicates that there were fluctuations in the handball clubs.

As a result, the researcher find out; the causes for the declining the number of handball clubs in the case Addis Ababa.

### **1.3. Research Questions**

This research was carried out to answer the following question.

- ❖ What are the current statuses of Handball clubs in Addis Ababa?
- ❖ What are the current challenges of Handball clubs?
- ❖ What are the causes for the declining the numbers of handball clubs?
- ❖ How those clubs organized to manage human resource, the financial resources and the management system?

### **1.4 Objective of the Study**

#### **1.4.1 General Objective**

The general objective of the study was to assess the main causes of declining of Addis Ababa handball clubs.

#### **1.4.2 Specific Objectives of the Study**

- To investigate the current status of handball clubs.
- To find out the obstacles of handball clubs and suggest the solution.
- To explore factors that led to abundance for most clubs and to come up with their solution.
- To identify major problem of handball clubs human resources and financial management system and to suggest the best mechanism for overcoming it.

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

- ▶ To indicate the current handball clubs statuses.
- ▶ May help to indicate the challenges that face handball clubs.
- ▶ May help to minimize the problems that may face these clubs.
- ▶ The result of this finding may help handball federation for further strengthening the existing handball clubs and establishing new.
- ▶ To recommend those stakeholder to help in strengthening of handball clubs.

- ▶ It might assist the other researcher who wants further study on the problem.

## **1.6 Scope of the Study**

The scope of this study was delimited to handball clubs which are assumed to be found at Addis Ababa; on the title of causes for the declining number of handball clubs under Addis Ababa handball federation.

## **1.7 Limitation of the Study**

The major limitation of this research is:-

- Lack of finance.
- Lack of updated review literature availability.
- Limited time allocation to conduct the study.
- Unwillingness of some respondents to fill questionnaires.

## **1.8 Organization of the Study**

The thesis is organized into five chapters with preliminary section and appendix. In the preliminary sections acknowledgments, abstract, tables of content and acronyms are included. In chapter one: Background of the study, statement of the problem, objective of the study, significance of the study, scope and limitations of the study are discussed. The second chapter deals with relevant literatures related to the research topic are reviewed. In chapter three Research methods and methods of instruments used and analysis employed were incorporated. Under chapter four collected data were presented, interpreted and analyzed. Under chapter five, summaries of findings, conclusion and recommendation of the study are included.

Finally, bibliography of the books reviewed for the study, instruments used to collect data and relevant data of attached in the appendix section.

## **1.9. Operational definition of terms and concept**

The following operational definitions of terms are defined according to their contextual meanings as used by different writers. With this understanding the following word or phrases defined according to their context as employed in this study.

- ◆ Athlete: An individual who is participated or engaged in the training programmed or sites of athletics clubs or project as a trainee.
- ◆ 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.
- ◆ 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.
- ◆ Project: It is an athlete's development program that is planned carefully and involves coaching kids and youth over a period of time.
- ◆ Concentration: Ability to maintain focus.
- ◆ Physiology: Refers to the science which deals with the functional part of the body.

## CHAPTER TWO

### REVIEW OF RELATED LITERATURE

#### 2.1 The History of Handball in the World

Handball is one of sports events that are played in a group. In handball game, the players compete with other opponent team. As its name imply, handball game is played by hand and it is popular game all over the world. The game has two teams consisting of seven players. Accordingly, it consists of six field player and one goal keeper in both teams. Like any sport events, hand ball also had its own rules and regulations which the player should follow during the game.

As cited in Matt Herb (2014), games similar to modern team handball have historically been played in many different cultures around the world. According to this site, ancient Greeks and Romans played a type of handball, and it was also played by the French in Europe as early as the middle Ages. By the 19<sup>th</sup> century, handball was played in countries such as Ukraine (gandbol), Denmark (handbold), Germany (torball), Lovakia (hadzana) and Czech Republis (hazena). This indicates that handball was played in many countries, even though the name given to them differs or depends on the countries.

In the context of ancient time; thus, (Ibid) narrated the development of handball as it was developed in Northern Europe by the end of the 1800s. According to this site, thus handball was popular in Sweden, Norway, Denmark and Germany. Thus it believed that handball Denmark was widely recognized as the birthplace of modern handball. The rules for modern handball was drawn up by Danish gym teacher Holger Nielsen in 1998 and published in 1906. Rasmus Nicolla, also a Danish teacher, drew up similar rule in 1897. In Germany, handball rules were published by Max Heiser, Karl Schelenz and Erich Konigh in 1917. Schelenz adjusted the rules a few years later, and it was

these adjusted rules that were used for the very first international game of handball for men in 1925 when Germany met Belgium. The first international game of hand ball for women took place five years later when Germany met Austria, and the same rules were used for that match as well. Handball continued to flourish in Scandinavia and Germany, and men's field handball was showcased at the 1936 summer Olympics in Berlin. After that, it would however take until the 1972 summer Olympics in Munich before men's handball became a part of the Olympics, and women's handball wasn't added until the 1976 summer Olympics in Montreal.

Thus we can understand that, handball was introduced and shows rapid development before 1950s in the world context. As stated in (Ibid), On July 11, 1946, the international handball federation (IHF) was formed at the initiative and invitation of Denmark and Sweden. The founding members of the new federation were France, the Netherlands, Switzerland, Poland, Norway, Denmark and Sweden. The IHF replaced the international amateur handball federation (IAHF). Today, the IHF has nearly 170 members and governs about 795 teams worldwide.

### **2.1.1 Men's Handball World Championship**

According to Matt Herb (2014), thus the world's first handball world championship took place in 1938, in the Deutchl and Halle in Berlin on February 5 and 6 before going on hiatus until the end of World War II. Four teams participated; Germany, Austria, Denmark and Sweden. The champion was played as a single group tournament without any knockout system, and Germany won by defeating each of its opponents. It then was played every 4 (Sometimes 3) years to 1995. Since the 1995 world championship in Iceland, the world championship has been in biannual event.

## **2.2 Historical Background of Handball in Ethiopia**

As cited in Yaekob (2014), thus handball for the first time started in Addis Ababa University 1967 by the foreigners. Some of the Ethiopian teachers played the game with the foreigner just for recreation and for physical fitness. During the game foreigners were discussing about the rules and the characteristics of the handball game outside and they also gave some information how to develop it. In fact, from 1967 it showed a tremendous development throughout the country, especial in military's camps and in some senior high schools. In 1968 some interested Ethiopian teachers gave handball cause for military and police official outside Addis Ababa and they form clubs. In 1969 Ethiopian handball federation was establish in Addis Ababa and the same year Ethiopian become a temporary member's ship in international handball federation. In 1970 different competition was took place among the clubs by two round. Ethiopian championship computation was held in Addis Ababa. During this year, the winners were 1<sup>st</sup> the police college, 2<sup>nd</sup> police mass-media and 3<sup>rd</sup> was Fetno Derash.

By 1971, (Ibid) Ethiopia got full recognitions member ship in IHF at the congress of North Berlin, during the game of 20<sup>th</sup> Olympic Games at Munich. In our country handball was sharing its popularity in police, military and latter it became more interesting in school. For Ethiopian champion ship, the completions were between police, military, School and regions. The game was coordinated by the national handball federation in Addis Ababa. After the federation was established, our country was participating in Africa and in the international level. The Ethiopia handball federation was established in 1969. One year later, 10 clubs were established in Addis Ababa for the first time, which was followed by the establishment of Addis Ababa hand ball federation in 1993 under the Addis Ababa sports commission. Then, Ethiopia championship competitions were organized and conducted, in the case of which Ethiopia has been accredited as one of the international handball 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.

As stated in data obtained from Yaekob (2014), and interview of handball federation officials indicates men's handball clubs were 17 in number. During the reorganization/restructuring of Ethiopian sports in 1982, a single sportsman was allowed to participate in a single sport, the rule of which resulted in the dissolution of women's clubs. Ever since 1983, handball sporting was frequently practiced across schools. The sport was frequented by five clubs only from 2001-2011, in which case such sporting, which had once been a hotshot, was treated with high frigidity and its popularity was receded into the period until 2011. And the total number of clubs lowered from 17 to 3.

### **2.3 Problems in Coaching of Handball**

Handball is a game which requires strength, quick movement and coordination of mind and body. This makes it a little bit complex. Unless the skills are broken down given separately to the trainees, it will be a 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 dealt and reveals the major problems associated with the coaching of handball.

### **2.4 Administrative Organization**

Administrative organization of clubs is also important for the achievement of the objective of clubs and to develop the standard of clubs. The importance of administration in general is well expressed by a simple statement by Edward F. Volter, et al (1979) "Managers are people who are primarily responsible for seeing to it that work get done in an organization". Best administrators which are specialized in the field of physical education bring about a significant implementation in the development of the clubs he is running; as a result, they try to fulfill essential facilities, time allotment and other necessary things.

Likewise over a period of time an excellent administrator who is much more successful in bringing about improvement in facility or equipment time allotment and personnel is required for good administrative organization than a poor. In addition to this because of weak administration despite an excellent resources many organization of clubs are considered weak on the country. But if there is good administrator even though there is scarcity of material the organization shows good progress. As Edward F. Volter, et al (1979) stated that "Department with poor standards of facilities man power and equipment sometimes perform well b/c they do have good administrators". In elaborating this idea the above scholars described, such administrators achieve the goal of department to the extent that he is familiar with the recommended standard and practice in all aspects of the program and can obtain optimum performance from all of the personal.

So the manager of the clubs should prepare all faculties needed to from clubs regarding to their advantage objective of sports and prepare the continuous budget flow play ground and employing appropriate personal to accomplish the various tasks which have been identified as necessary for the success of organization (Ibid). Introducing the advantage and objective of the sport, prepare play grounds, planning appropriate and contriving budget, educate the people about the sport and create the sport which contribute much to the development of the clubs; to more specific to handball clubs, the factor which influence the structural organization of clubs to be successful in their organization,

The management of club in the administrative process for the qualities with performance of the organization involves two major aspects namely the human and technical Palm Jargon (1987) described as "The human administration is concerned with managing of all the people on the organization". The technical aspects involves such consideration as budgets making purchase and care of equipment program constriction and other responsibility which require technical knowledge and skill form the functional

knowledge and skill form the functional point of view administrative organization staying human interest of both members and non-members obtain satisfaction on the other hand, Edward F. volter et. al (1979:36:38) discussed.

The output of administrative origination consist almost the service are teaching or teaching in the post of intramural athletics. The output is leadership in the conduct of the program In other words the quality and quaintly of the service of all departmental personnel resents the output of department from them out put comes the achievement of the organization program.

## **2.5 Sport Management**

According to Burgo Masrer, K.A. (2008), from the perspective of the coach, sport management is: the process by which the coach provides leadership skills in which the team can achieve its goals efficiently and effectively by taking coaching responsibility including ensuring the necessary human and material resources that are available and can be used effectively to achieve the team goals. Managing and enterprise involves of lest 5 major functions, applied to coaching, these function are planning, organizing, staffing, directly and controlling.

## **2.6 Overviews of Sport**

As Sahlemichal Bizuneh. et al (2002) stated that, sport experts a strongly influence many aspects of society as a whole. Millions of people are watching with great interest when international handball, football, and Athletics contents are transmitted through various media. Professional teams spend huge sum of many to obtain best fallen to sustain spectator support and interest during international events new paper coverage demoted to sports occupies more space than others. Within the at least 15 years the number of sport participants had increased in a diversified millions people of all ages and abilities participate in a diversified sport activities. This because of the social political economic and educational influences of sport is due to cultures of society. As (Ibid) defined that, sport is an activities that involves completion

between team or individuals in which the goal is to obtain pleasure and success and also an activity which is held between teams or individual on a capacitive based obeying rules and regulation.

### **2.6.1 Sport and Media**

Television and Radio have become an important means of communication for handball sport represents the man beneficial of Radio and Television because of new financial resources. This also creates problems as it requires technical support system. To meet the finical requirement modern media are bounded to be organized in a way to produce a profit in a commercial enterprise style, Sahlemichal Bizuneh. et al (2002).

### **2.6.2 Competition in Sport**

Completion an activity conducted to win or beast on appended competition is one of the basic features of sport. Thus without competition there is no sport commission can be between one individual and another between teams and between one individual and another between teams between an individual or team and an animate object of nature such as ball fight. It can be between individual or a team and inanimate or team and an "ideal" student such as when a team attempts to set a new record, Sahlemichal Bizuneh. et al (2002) sport requires physician skill, strategy and in some cases team formation games of physical skill such as wrestling are determined by the player's physical skill.

## **2.7 Equipment and Facility in Sport**

According to Sharkay B.J. (1986) the coach usually is not responsible for facilities for practice and competition, except perhaps to schedule them. Coaches often purchase their equipment or they given considerable input to the process consider the following question in managing equipment and supplies (Ibid) physical activity is concerned with the acquisition of knowledge type as well as skill type subject matter, facilitates and equipment are basic necessities for physical education to have it is goal. The facilities and equipments activate trainees to develop interest towards participation of different physical exercise and the trainees would understand the value of these exercise. In order to secure the development of physical or mental strength and these social and moral qualities of trainees that may be gained though well directed physical activities certain spaces, equipments and facilities are necessary, Jusse F. Williams (1964) Some of the equipments are relatively permanent like hurdle, bars, ladders etc, where as some are replaced frequently like balls, whistle, stop watch etc. Care must be taken in selecting equipment and construct those equipment which are helpful in physical training program.

So far the effective growth and development of any sport activities, necessarily and practically equipment and materials are very important.

Each interscholastic sport requires equipment of supplies uniforms are needed. Equipments such as balls, net and shoes etc. must be supplied. Budgets must be prepared and presented for support Bucher C.A. (1967) suggests that "The facilities involved in intramural and extra mural programs as raised in various way. Since these programs have as many contributions to make to educational objectives as other parts of the Educational programs or more, they should be than aced out of board of education and central administration funds, just as other phases of the programs are financed.

Equipment and facilities always seems to present problem for the competition there fore at the end of a sport season, all equipment and supplies should be inspected and stored carefully for the coming year Knapp C. et. al (1968).

Shortage of facilities can considered as one major factors in shaping physical education class according to Jusse F. Williams (1964) in some projects the shortage of facilities are very real. They also emphatically explain that there remain unfulfilled in communities and institutions with the most limited facilities. On the influences that shortage of facilities can lay claim they future suggests, when facilities are lacking or merge as innumerable in the school then classes in physical education are held in classrooms, corridors and basements. Such places limit the program and when facilities are lack children do not learn the skill and coordination that is essential for their development.

The problems can in part be tackled it the necessary materials are available. On this issue Bucher C.A. (1971) wrote a high priority must be assigned to facilities that can meet the challenges since overcoming obstacles means creating a better situation.

## **2.8 Problems in 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, succor and hockey. It is not an 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. Riner Maters (1942) further states that too many athletes unfortunately do not recognize the need for attending sport project.

## 2.9 Qualities of a Good Coach

Different groups in the society have different interests and need. The plans of the program should be prepared to satisfy the needs and interests of those particular groups and the expected changed of behavior. The trainers can facilitate the development of positive attitude of the training in most cases the trainer's carry out a great deal of impact on the personal lives of the trainees as well as on what they trained.

According to Debanne T. and Fontayne P. (2012) the personality of good coach, which determine to achieve some goal and for his successes coach must have the following characteristic.

- Knowledge of psychology.
- Know when to depress or when not to give proper motivation.
- Knowledge to geography such that climatically condition so he keeps his payer accordingly.
- Physiological knowledge, known the various formulation of the body he can recommend.
- Knowledge of first aid, he should be in a position to give help of first aid.

This indicates in (Ibid) that the achievement and the aims of training, the success and values of the work depend on coaches. For coaches in the producing ideal men to mix in society he/she must find their own best training method. To strength the above mentioned idea of the coach have positive attitude towards handball training and giving technical information in an organized manner to improve and develop a practical performance by individuals group. The couch aims to motivate and teach athletes by theoretical and practical training. Successful coaches have the ability to motivate players to peak performance. A successful coach must realize that what motivates each athlete to peak their performance.

## **2.10 Selection of Players for the Clubs**

Most players are selected for team because of their physical skills very few trainers consider social factors old players can be charged with time and effort by a wise trainers older players would not changed unless they wish to do so themselves the trainer can try to help the young player mature but he would be very frustrated if he attempts to change the personality and attitudes of the old player concerning the selection of player Harre Dietrich (1982) recommended the following idea.

A player must be related on the basis of physical skill and potential attitude and social adroit these factors must be used for players selection for their clubs. From such self explanatory statement use can deduce that fact that in order to select the players for the clubs, we have to see the technical and tactical ability of the individual should be concerned, in addition to these their potentiality of that individual about the hand ball game with his attitude and interest to that specific activities can be also seen regarding this issue Gatin P. B. (2001) pointed out that. The best and crucial methods that can be practiced now days, i.e. held by selected those who have genius in the subject matter from the school and institutions through observation and making sure they ability of the players for the following exercises, fast running in every direction, making each player must jump his best dribbling the ball limiting the time style of dribbling, the ability to dribble the ball slowly and quickly up to 40m in any direction the ability to throw the ball accurately the ability the shot the ball from corner side and from the in front of the goals the ability to feint the opponents with the ball and without the ball in addition to the above exercises, the height of the individual, general physical appearance and strength of the body, psychological preparation and interaction with his groups can be seen.

The above stated ideas of this scholar clearly indicates that some of the exercises which tests the individual physical activities. It seen that all the exercise which are stated above more or less includes those of the general mater qualities which tests the individual performance capability for the

specific activities. The above stated idea of this scholar clearly indicates that some of the scientific methods of selecting the player for the handball team.

## **2.11 Methods of Training**

According to Bucher C.A. (1971) the coach will be required to facilitate the learning of new technical skills for his athletes. To achieve this, he needs to develop the knowledge of learning process and the various teaching methods. In the pedagogic model, the coach assume responsibility for making decisions about what will be learned, how it will be learned ,and when it will be learned. The coach directs the learning. In the argufy model the coach assist the athlete to learn (facilitator). The athlete directs the learning. But in case of our countries context, it's better to apply the pedagogical methods, because of the trainees didn't have enough knowledge of the skill to practice. According to Jone Jameson (1959) two method of training, thus he described as seen below.

### **A. Simple and Complex Skills**

Simple and complex are terms succeeded to describe a skill. Simple skills are ones that an athlete finds easy to perform whereas complex skills are ones that the athlete finds more difficult.

### **B. Whole Practice**

Ideally, a skill should be taught as a whole as the athlete can appreciate the complete movement and execution of a skill. The whole method of instruction can sometimes mean the athlete having to handle complex movements, e.g the whole high jump technique. Initially the athlete attempts the whole skill and the coach monitors to identify those parts of the skill that the athlete is not executing correctly. Part instruction can then be used to address the limitations and then the athlete can repeat the whole skill with the coach monitoring for any further limitations.

## **2.12 Strategy of the Game Activity**

It is important for the players of the team to know the general position of the opposition team. The main aim of strategy is to identify the type of champion and to train the team for this purpose so it is one part of the training program conceding this issue Jone Jameson(1959) pointed out. Developing communication skill with athlete good communication is the foundation of all successful coaching. It is well known that outstanding and effective coaches all have communication skills which can shift an athlete or a team from negative to positive attitudes, can express the intricate mechanics of movement in a manner which is clear and understandable and can lift a player from mediocre to elite performance by zoning in on an athlete's individual learning and motivation styles.

Athletes and player have a high regard for the coach who understands their experience as they struggle with the challenge of developing their skills and performance, (Ibid). They appreciate the coach who treats them as an individual and communicates with them in a manner which obviously honors that individuality. Negative self consciousness (a special kind of fear) is the great sabotage of skills development. The coach who is a skilled communication protects players from this trap and connects them to the huge resource of energy available when intrinsic motivation is tapped. There are communication skills which enable these positive states to prevail. This is the content of this work with enable these positive states to prevail. This is the content of this workshop.

## **2.13 Characteristics of the Athlete Leader**

Leadership skills are the skills and strategies that athletes may use in leadership situations, such as, solving performance related problems, or resolving interpersonal conflicts among teammates, Henry I. and C. Gratton (2001). A few example of leadership skills are presented below. Hard work and dedication, Knowledge of the sport, ability to get along with others confidence

in one's ability to lead other, ability to understand the team's vision or objectives, Awareness of self and other, communication effectively with coaches and teammates, display respect for caches, teammates, opponents, and officials, ability to handle pressure situation, facilitate satisfaction among teammates, perceived as credible and reliable by coaches and teammates, collaboration, or ability to work with others, taking responsibility for one's actions, adopting a sense of accountability for teammates.

## **2.14 Impact of Motivation on the Matter**

It is generally felt that a wide variety of motivational techniques are capable of evading increases in performance. Those individuals and teams who are able to maintain a high degree of motivation are almost certain to fail. However the creates of motivation is the important the desire to be better tomorrow than today. Regarding the motivational aspects Debanne T and Fontayne P (2012) suggested that the training. The purpose of a training plan is to identify the work to be carried out to achieve agreed objectives. Training plans should be drawn up to identify long term (4 years) objectives as well as short term plans for the forth coming season. For the rest of this topic I will concentrate on the development of the short term annual training plan. In its simplest form the plan could comprise of a single, A4 sheet identifying the overall plan for the year, and more detailed weekly plans identifying the specific activities the athlete is to carry out.

## **2.15 Trainers and Trainees Incentive**

Incentives affect both trainer and trainees morally. Hence this influences training quality. When trainers incentive fall below the level expected by the quality of training will be deteriorated, Sharkey B.J (1986). Hence, this indicates that trainer's low incentive become one of the main factors affecting training. Incentive is the driving force that makes to decide what to do and how much effort to put into practical. Thus we can say that the more incentive the

harder the activity of trainer and trainees expected to do and the more to succeed in activities.

As incentive, extras money that is paid to a coach and teacher at junior or senior high school may seem like a nice as additional income, but it does unnoticeable. Almost every coach, except a few at the top realizes that his salary doesn't begin to pay for the time, effort and for every expenditure.

## **2.16 Absence from Practice**

The trainer has to know why any player is absent. This helps him to plan for the coming day practice, when one or two players always feel free to talk over his condition with his trainings. But he also shows willing to deal with his trainers more mature judgment concerning amount and regularity of work. Absence from practice is very series in sports in exceptional case when trainer health problems occurs it may demand rest from practice, Mackenziw, B (2000).

## **2.17 Ethiopia Sport Policy (Organization)**

Genesis of the government involvement in sport for development and peace Ethiopia has acknowledged for many years that sport is an effective means of achieving social aims. This principle had been ensuring in policy for approximately ten years. Sport is recognized as a tool for social development in the vision admission of the ministry of youth and sports, which states that the government must work toward supporting well -round youth who can help transform the country into a more prosperous and democratic society. In this context, 'well-rounded' referees to young people who receive opportunities to develop the physical, mental, and social capacities. These opportunities encourage youth to participate widely in the development, democratization, and good governance of the county (Ethiopia sport policy, 1989).

The government of Ethiopia reforms the ministry of youth and sports (MYS) on October 2001. The minster maintains close contact with the Ethiopian Olympic

committee and the federal sport council. The ministry of youth and sports is divided in to three sections. (Ibid) Youth affairs sector, containing a capacity building department, an NGO coordination department, and an implementation and monitoring department ; sports affairs, headed by the vice minister of sports and containing departments for training and competitions, sport facilities, sports medicine and research, and a sport -for - all and cultural sports section and. Public relations and resource mobilization , including administration and finance, audits and legal services , planning and information, and a women's affairs department. Sport policy in Ethiopia has two main objectives: - to involve all people in sport through series of sport for athletes for national and international competition. (Ibid)

Improved physical health contributes productivity and reduces the need for medical services. The MYS promotes mass participation in sport as a central feature of sport development policy. Taking this into consideration the national sport policy, formulated Ethiopian sport policy in millennium (2008), based on the following principles: sport is a fundamental right for all citizens; community participation in traditional and modern as well as physical recreation of all kinds should be promotes overall organization and management of sport should be community based participation in sport should be facilitated as schools, in work places and in community facilities all segments of society, including women and people in rural areas, should have the opportunity to participate sports. (Ibid)

Health and medical institutions communicate the benefits of sport and encourage all people to be more active Ethiopia's sport for development, policies are linked to the following millennium development goals.

- MGD 1: universal primary education is addressed through the addition of sports to curriculum to increase school attendance. The government is working to improve spots facilities at all levels of education, form pre-primary to tertiary, and to ensure the availability of sports equipment.

- MDG2: Gender equality is the focus of the women's affairs department, under the jurisdiction of the minister of youth and sports. This department collaborates with the women's sport Association and encourages mass female participation in a range of sports, including football, volleyball, table tennis, and badminton, basketball, and handball.
  
- MDG 3: combating HIV and AIDS, malaria and other diseases is a priority for the ministry. The sport for all initiative includes the broadcast of health education programs a daily on radio and television network in addition, the government works with the health communication partnership (HCP), an NGO based at the Johns Hopkins Bloomberg school of public Health, which conducts HIV and AIDS awareness and prevention programs in schools. Currently, this program is reaching 1.5 million children across the country. In Ethiopia, the poverty reduction and strategy paper (officially known as the sustainable development and poverty reduction programs) is becoming the operational framework for translating the MDGs into action. The United Nations development program reports that Ethiopia was one of the first countries to link its poverty reduction strategy.

## **CHAPTER THREE**

### **RESEARCH METHODS**

#### **3.1 Research Design**

In this research the researcher tried to access the causes for the declining of the number of handball clubs in the case of Addis Ababa. While doing this, the researcher employed the descriptive research designs because it helped to get appropriate or exact description of the study.

As Sharama (2000) state that, “descriptive research method is the description of the present status and immediate past of a given phenomena”. 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 intended to describe the existing phenomena on; the causes for the declining the number of handball clubs in the case of Addis Ababa.

The objective of the study was to assess the cause of inconsistent performance progress of handball clubs in Addis Ababa handball federation. To get valid and reliable data, the researcher collected information from primary and secondary sources of data.

#### **3.2 Source of Data**

The data was collected from primary and secondary source. The primary data was collected by formal and informal survey. The formal survey was carried out by questionnaire; using schedule for which it has been filled with the handball trainees whereas, informal survey was under taken through personal observation in the training area. The secondary data for this research was gathered from related published materials which were found in the library, website and report from sport commission of handball federation office.

### **3.3 Sampling Procedure and Sample Size**

The participants of this study are the handball clubs which are found under Addis Ababa handball federation. Accordingly, there are only three handball clubs that managed by handball federation under Addis Ababa sport commission. Among the total population of 48 of those handball clubs trainees, club management bodies, members of coaches and members of handball clubs; using random sampling method the researcher have taken 30 handball clubs trainees and 2 management bodies, 3 members of coaches and 2 member of handball clubs generally the total of 37(77.08%) sampling size is concerned.

### **3.4 Data Collection Instruments**

The data collection instrument includes questionnaires, interview, and observation.

#### **3.4.1 Questionnaires**

The questionnaires were composed of closed and open-ended questions which were distributed to the key informants of Addis Abba handball clubs trainees. Close ended questions has advantage of easier to fill by the respondent and to analyze, administer and economical, where as the open ended question had benefits to obtaining greater depth and variety of responses for its flexibility in time management for the respondents. Hence, it helps to complete the questioner at their own time without promoting from the researcher. The question was prepared in English language and then later translates into Amharic for the trainees.

#### **3.4.2 Interviews**

Structured interview was conducted with the coordinator of handball clubs office, the coach of handball clubs and members of handball clubs because the researcher believe that, it is an appropriate tools for the researcher to get responses given as well as to developed follow up question to gain deeper

insights into the concerns of official. Interview schedule was settled with the consultation the respondents free time allocation not to interfere their formal working time.

### **3.4.3 Observation**

Researcher also used observation for gathering relevant information of the study place. To gather those relevant information check list were used.

### **3.5 Method of data analysis**

After the necessary data were collected from primary and secondary sources both qualitative and quantitative analysis method were made. The data collected from the respondents using questionnaires were organized, filled, tabulated and coded. The analysis was made using different statically technique; hence, tables and pie charts were used to compare, contrast and explain the activities by using percentage.

The information or data which were obtained from open ended questions, close ended questions and observation were considered in the interpretation and analysis part of this study were summarized and finally, conclusion recommendation was formulated based on findings.

### **3.6 Procedures of data collection**

Before using data collection instruments particularly the questionnaire and structural interview guide were checked. In addition to this, language teachers were also consulted to check the clarity of the questionnaires and its grammatical errors. Validity and reliability of questionnaire were checked. In the relation to checking validity of the questionnaire among the four forms of validity according to Gay, Mills and Airasian (2009), since there is no formula content validity or statistic to compute its validity expressing quantitatively is impossible. Therefore, content validity is determined by expert judgment. Often experts in the topic covered by the test are asked to assess its content validity Gay, Mills, and Airasian (2009).

Before the actual usage of questionnaires for the study, a pilot study was made using 10 handball clubs trainees. The purpose of the pilot study was checking reliability of the items, identifying items need improvement and to identify some approaching techniques that could help to collect data for the actual research using Cronbach Alpha (1999). Accordingly, the reliability of the questionnaires designed has got a reliability coefficient of 0.928. This show that the questionnaires designed have got a reliability measurement of 92% on the basis of obtained reliability coefficient, the feedback from a pilot study improvements were made. Hence, the questionnaires were corrected and finally distributed to the respondents.

## CHAPTER FOUR

### DATA PRESENTATION, ANALYSIS AND INTERPRETATION

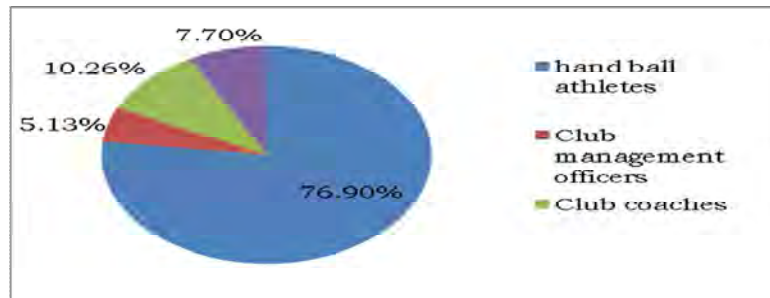
This chapter deals with the presentation of result and discussion of data that has been collected through questionnaires and interviews from the respondents. For each questionnaire the response is shown in a tabular form and pie chart. Based on each table and figure; interpretation and analysis has been given according to the spirit of the presented question. The interpretation and analysis is expressed in the manner of both quantitative and qualitative form. Each table shows qualitative results.

#### 4.1 The Sample Population

The necessary information of this study is obtained from Addis Ababa handball clubs members, the trainees, the club management bodies and club coaches.

**Table 1 the composition of sample population is given in the table below.**

No.	Sample population	Respondents	Percentage (%)
1.	Handball trainees	30	81.1
2.	Handball clubs management bodies	2	5.4
3.	Handball clubs coaches	3	8.1
4	Handball clubs members	2	5.4
	TOTAL	37	100



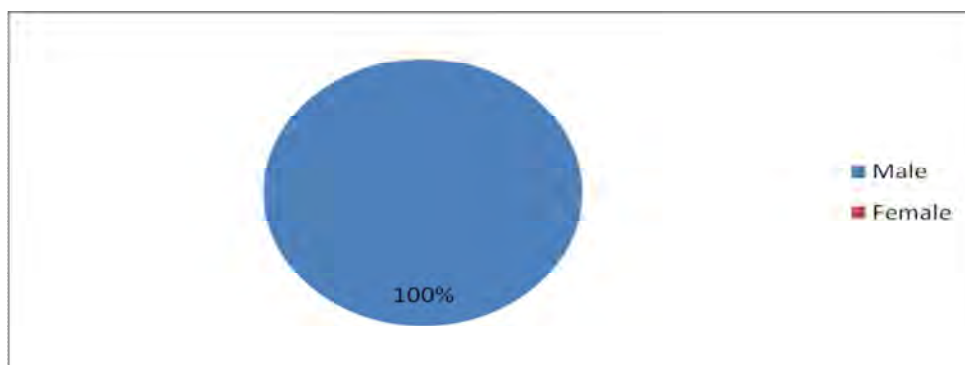
**Figure 1 composition of sample population.**

From description of above table and figure, we see that the largest number of respondents' are handball trainees which accounts of 30(81.1%) of the respondent population, 3(8.1%) of them are clubs coaches, 2(5.4%) are other member of handball clubs and 2(5.4%) are handball clubs management bodies. This indicates that more respondents are handball clubs trainees members which is primary beneficial by the effective coaching and strengthening of the clubs.

#### **4.1.1 Distribution trainees by Sex**

**Table 2 below shows the distribution respondent population by their sex.**

No.	Sex	Number of respondents	Percentage (%)
1.	Male	37	100
2.	Female	-	-
	Total	37	100



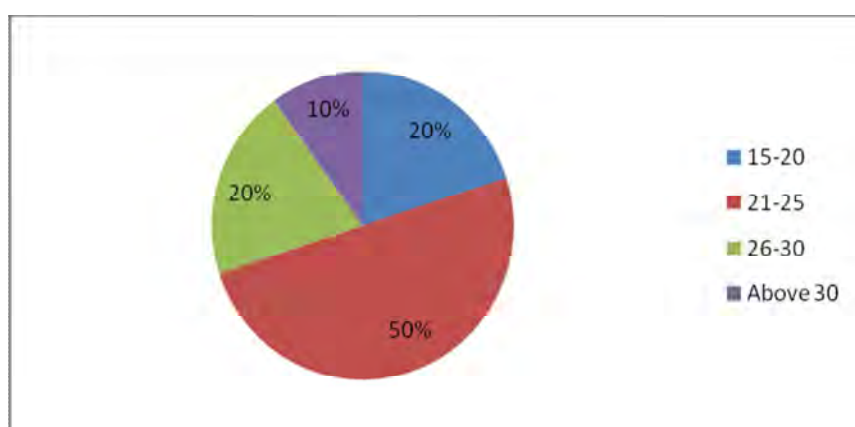
**Figure 2 distribution of respondent by their sex**

As description from the above table or figure we can see that all the population or respondents are 100% male. This is due Addis Ababa handball club comprises of only male trainees, which indicates that female role is completely rejected or ignored. Which might be, hazards of handball developments by blocking our countries in a diversified way, even it limits a democratic rights of female participation in handball sports in club level. Thus it assumed that it is biased for participating only male handball players in a club level.

#### 4.1.2 Age Distribution of the Respondents

**Table 3, in the following table the respondent trainees are classified by their age.**

No.	Age categories	Percentage (%)
1.	15-20	20
2.	21-25	50
3.	26-30	20
4.	Above 30	10
	Total	100



**Figure 3 Distribution of population by age group.**

Description: From the above table or figure we can understand that 50% of the respondents are found in age categories between 21 and 25 years. Those within age range 15-20 and 26-30 years are 20% both and those above 30 years age

are 10%. So from this data it is clear that the highest number which accounts about the half of the respondents or 50% is found age between 21 and 25 which indicate that, most of the trainees are found in the youngster's age category. But it does not mean a lot is done on the younger trainees, rather than the indication of the numerical value. As the researcher observation indicates that those trainees that are a member of clubs lack some sorts of skills which indicate more is not worked on them to increase their performance.

#### 4.1.3 Education Background of the Respondents

Table 4 below shows the education background of the trainee's respondents.

No.	Education level	Respondents by percent (%)
1.	Grade 1-4	10
2.	Grade 5-8	16.67
3.	Grade 9-12	33.3
4.	Grade above 12 grade	40
	TOTAL	100

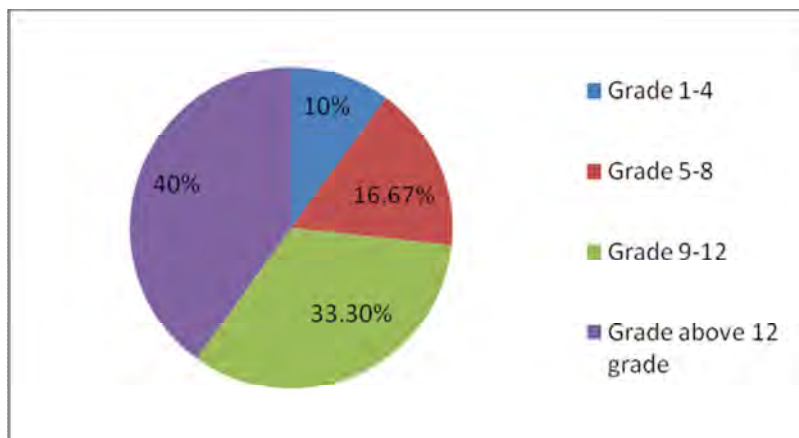


Figure 4 Respondent educational backgrounds

Description: From the figure those educated above grade 12 assumes the highest portion which is 40% of the total. the next highest number is those who learned from grade 9 up to grade 12 which is 33.3% and 16.67% of the respondents are education form grade 5 up to 8 and the least number which is 10% of the respondents are grade 1 up to 4 educated. From this data we can conclude that most of the Addis Ababa handball club members are literate.

**Tables 5 for the questionnaires which stated under question #4, do you have interest to be a handball athlete? The respondents answer to the question is given in the table below.**

	Suggested alternatives for the item.	Respondents by percentage (%)
A.	Number of respondents who answered yes in percentage.	83.13%
B.	Number of respondents who answered no percentage.	16.67%
	Total	100%

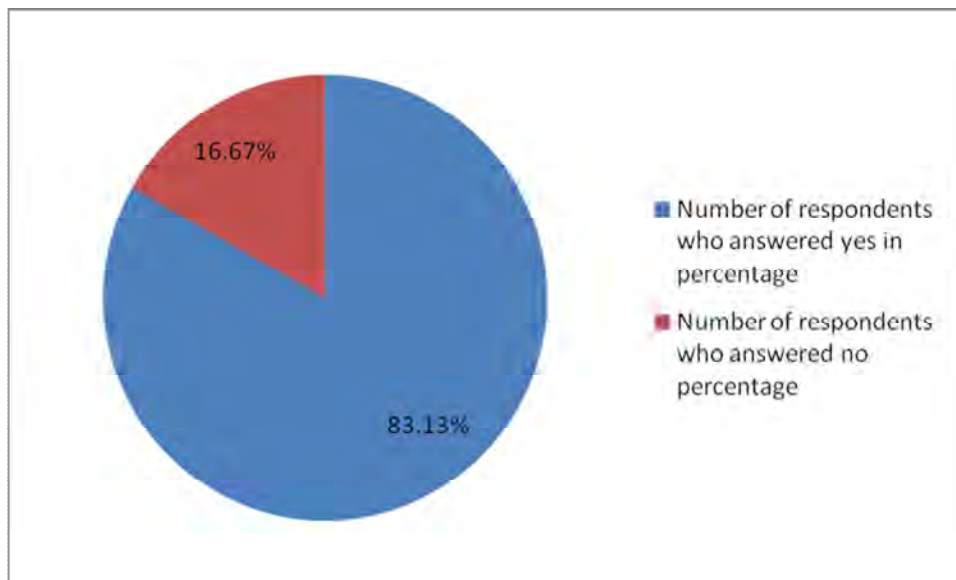


Figure 5 graphical presentation of trainee's interest for handball.

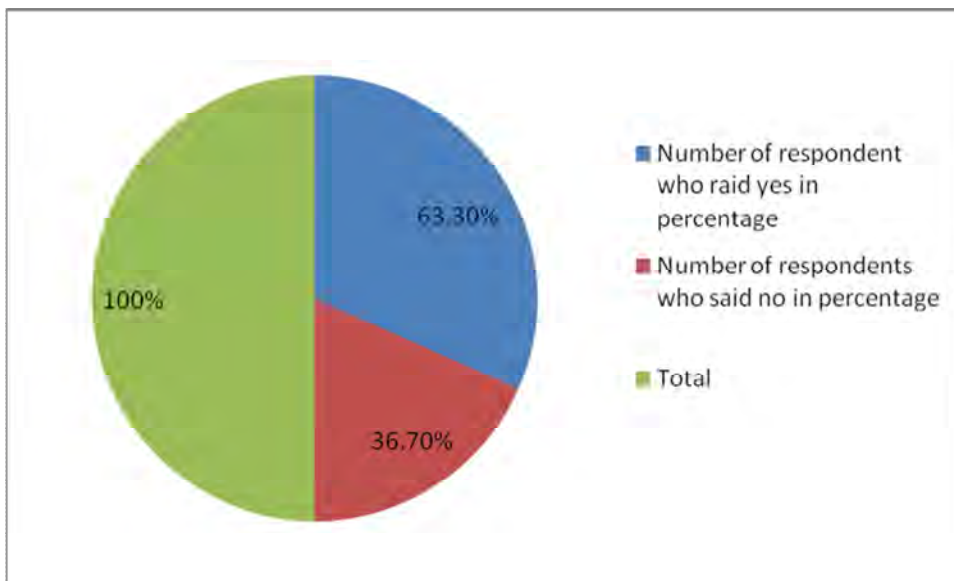
Description of question #5 and #6 depends on question #4. As it is shown in the above table or figure, most of (83.3%) of them have interest to be handball athlete and only small number of the respondents (16.67%) said that they don't have interest to be handball athlete. Description of question #5 those athletes that responded as they have interests to be handball raised different reason for their interest to be handball athlete. Some said handball is very interesting game and as they played sensibly. Others said because handball game involves movement of all bodies it is a very good sport for health.

Response of question #6. Those respondents who responded as they do not have the interest to be handball players responded that the reason why they are not interested in handball is that unlike other countries; handball is not given good attention both by government and community. Hence being handball athlete does not give any satisfaction, as the result participating in handball is meaningless because it doesn't change our life since it doesn't have any incentive.

For question #7 which stated that: what do you think factors that affected the inconsistency of handball club? The respondents answer include one of the factors is that Addis Ababa handball federation is not concerned for handball clubs and as the result the federations weakness is attributed to the club weakness. The other factor is the absence of media coverage that could have encouraged handball clubs. In addition lack of professionals in field of handball could highly affect and led it to the inconsistent progress of the club.

**Table 6 for question #8 which stated do you have interest to continue as a handball athlete? The response is given in the table below.**

	Suggested alternatives for the item.	Respondents by percentage (%)
A.	Number of respondent who said yes in percentage	63.3%
B.	Number of respondents who said no in percentage	36.7%
	Total	100%



**Figures 6: graphical presentation of interests of athletes to continue as handball athlete.**

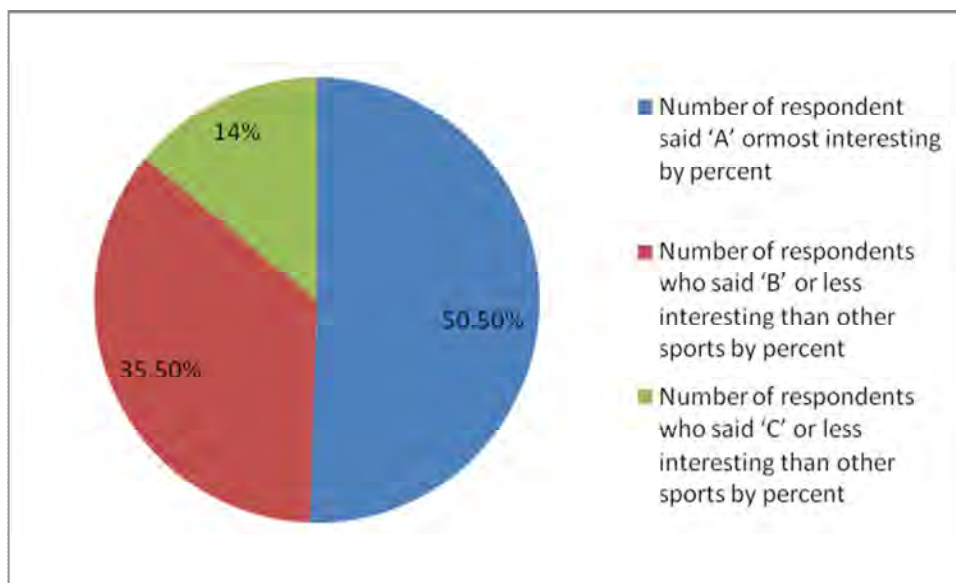
Description the table and figure above shows that 36.7% of the respondents do not want to confirm their future life working as a handball athlete whereas the 63.3% of the respondents are interested to be handball athlete in their future. From this interpretation we can analyzes that greater or more than half the respondents wish to continue in handball club for long time in their future.

For question #9 which stated historically in our country's context there were 17 clubs but through time they reduced into 3. They reason out that, the major reason for this incidental change is due to the change of the sport policy change that set 1989 which obliged one player to participated in only one kind of sport which resulted to many handball clubs to lose sports men which was at a time an all rounded player. Beside this those clubs doesn't take any other mechanism to sustain rather than frustration. In addition to this, the command government policy which were obliged each club to hold at least five sports in previous time modified as their wish. This rules resulted only abundance of handball clubs. Even at this time since it is not mandatory to include five sports to organized a club due to that reason the current government concentrated on other sports where as the attention for handball became very less than pre time. For the additional question thus, what do you think the reason for this; the respondents explains that because all the handball clubs are founded by military members when sports established by the militarist, when the militarist abolished handball also went out of existence The other reason is that handball in our country is not well known and budget allocation for the club is also very small that it is difficult to train the club, In addition to this the coordinators or management of handball from the very beginning are not professional that they couldn't lead the club and finally those reasons leads for the reduction of clubs form 17 clubs to the currently existing clubs.

For question #10 which is states: that how do you maintain your club not to liquidate? The respondents answered that they will work in the club very committed and that they will do their effort to popularize the handball game in the country and they addressed that government should give good attention for handball in terms of budget, training personnel's in the field of handball sport.

**Table 7 for question #11 which stated how do you rate handball compared to other sport activities?**

	Suggested alternatives for the item.	Respondents by percentage (%)
A.	Number of respondent said 'A' almost interesting by percent.	50.5%
B.	Number of respondents who said 'B' or less interesting than other sports by percent.	35.5%
C.	Number of respondents who said 'C' or less interesting than other sports by percent.	14%
	Total	100%



**Figure 7 how handball is interesting relative to other sports**

Description: As we can see from the above figure it is displayed that about half of the respondents which is 50.5% regarded handball game the most interesting game relative to other sports. The other 35% of the respondents

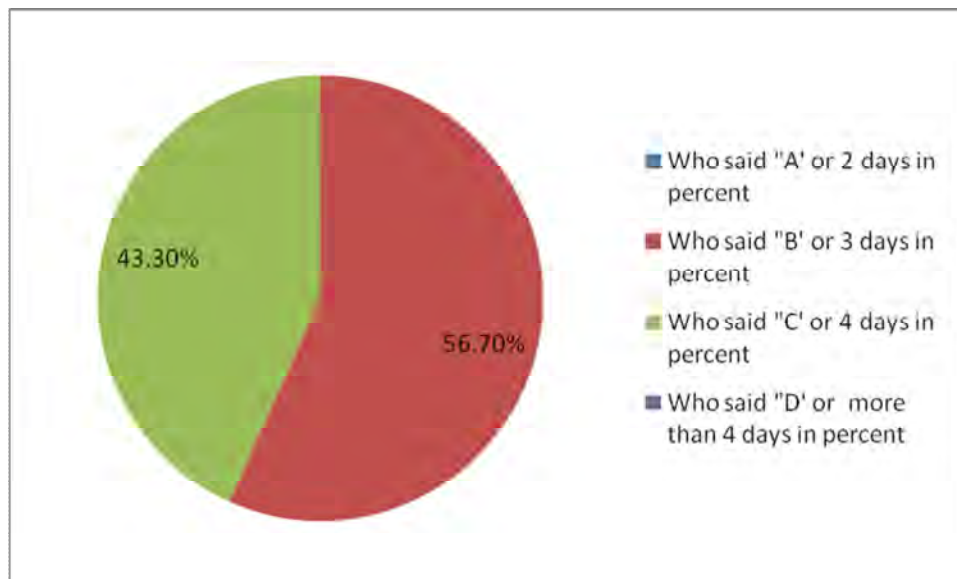
believe that handball is as interesting as other sports whereas the rest 14% said it is less interesting than other sports. This assumes that even though half of the respondents showed interested to handball than other sports, the other respondent's shows handball is less interesting game than other sports. From this we can analyze that; the lack of incentives that given for them, lack of the awareness of society to handball, lack of media coverage and a little attention given by sport commission to handball clubs member might influenced their view.

For question #12 which is stated as; what do you think is obstacles to handball club? The respondents answer is summarized as; the major obstacles of handball clubs are lack of support for handball game by community because it is not widely known in Ethiopia, it is not supported by the wide population and that is discouraging for handball athletes. The weakness of handball federation could affect handball growth to the desired extent. Absence of handball game fields which are of good quality are same factors or the obstacles that faces the federation.

For question #13 which says, what is the role of government in the growth and continuity of handball clubs? Many of the respondents stated that the government should allocate enough budgets for handball club, handball fields should be constructed, gymnasium for handball athletes should be facilitated and media should give coverage for handball.

**Table 8 for question #14; how often do you make handball training program per week? Those who answered A, B, C and D are shown in percent in the table below.**

	Suggested alternatives for the item.	Respondents by percentage (%)
A.	Who said "A" or 2 days in percent	-
B.	Who said "B" or 3 days in percent	56.7%
C.	Who said "C" or 4 days in percent	43.3%
D.	Who said "D" or 4 or more than 4 days in percent	-
	Total	100%



**Figure 8 the frequency of handball training by respondent**

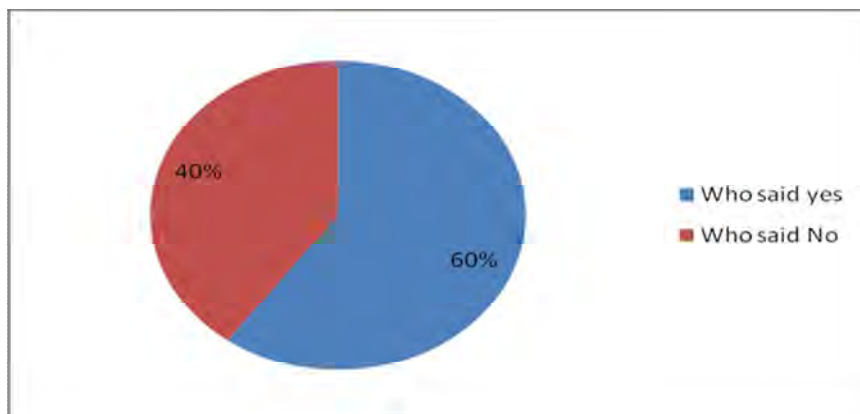
Description: the figure above indicates that the respondents make training 3 days per a week for some groups where as 4 days for other groups. As we can

see a slightly more than half of the respondents which is 56.7% make training three days a week and the rest 43.3% make training 4 days a week.

This indicates those coaches do not have a fixed training time. In addition it indicates the interpersonal communication between the coaches might be weak. In my assumption the number of training days they allocate is not sufficient; as the result most of the coach and trainees waste their time in which they should have to work on changing the trainees.

**Table 9 for question #15, Do you have nutrition programmed related with the training? The respondents answer is shown in the table below.**

	Suggested alternatives for the item.	Numbers of respondents.	Respondents by percentage (%)
A.	Who said yes	18	60%
B.	Yes but not interesting.	12	40%
C.	Who said No	-	-
	Total	30	100%

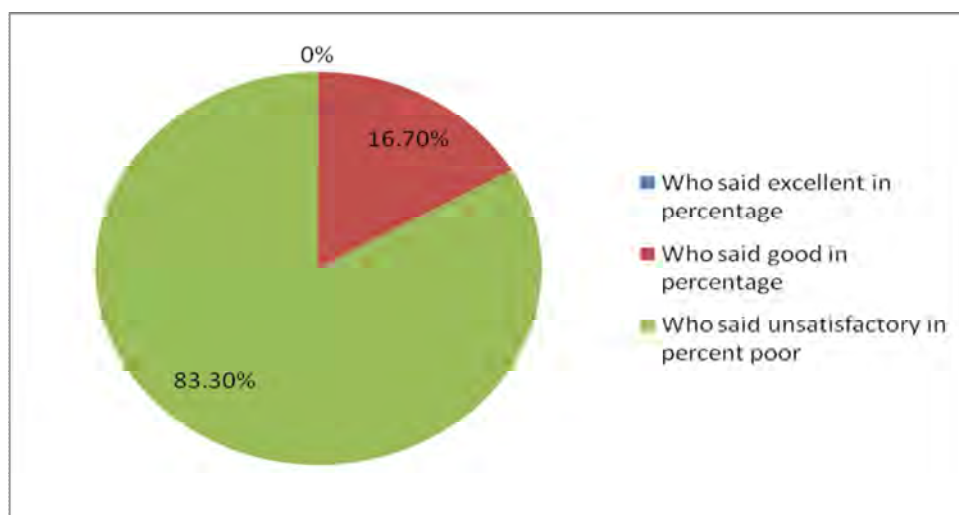


**Figure 9 nutritional programs of respondents by percentage.**

Description: in the above figure it is shown that 12 (40%) of the respondents do not have nutritional programmed related to their training whereas 18 (60%) of the trainees have nutritional programs related with their training. This means the majority of the trainees do have a nutrition program that goes with their training.

**Table 10 for question #16, how do you think is the tendency of Addis Ababa sport commission to support handball club? The responses of the participants are shown in the table below.**

	Suggested alternatives for the item.	Respondents by percentage (%)
1.	Who said excellent in percentage	0%
2.	Who said good in percentage	16.7%
3.	Who said unsatisfactory in percent poor	83.3%
	Total	100%

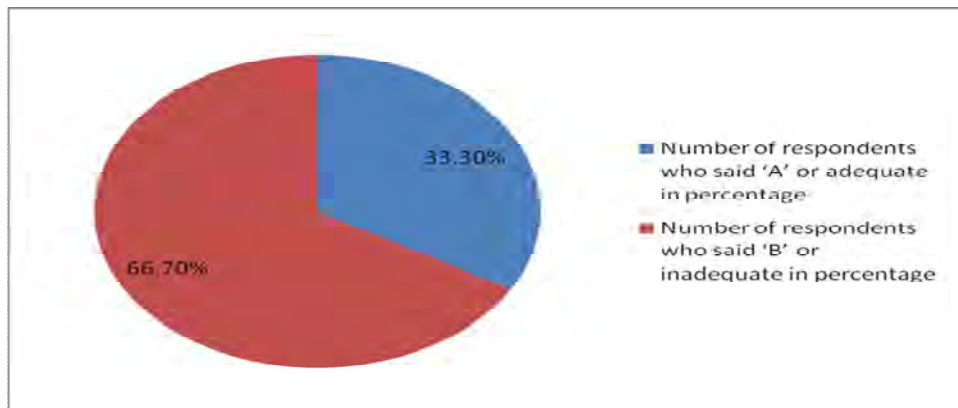


**Figure 10 Tendency of Addis Ababa sport commission to support handball graph.**

Description: As we can see from the above figure or table, majority 83.3% of respondents, responded that the extent of Addis Ababa sport commission to support handball club is unsatisfactory. Thus 16.7% of respondents good and none of the trainees responded the support that Addis Ababa sport commission gives to handball club is satisfactory. This indicates that Addis Ababa sport commissions have to work on handball to satisfy and should have to devote for the development of handball.

**Table 11 for question # 17 which stated as how is the equipment and facility support for the trainees the response given is shown in the following table.**

	Suggested alternatives for the item.	Respondents by percentage (%)
1.	Number of respondents who said 'A' or adequate in percentage	33.3%
2.	Number of respondents who said 'B' or inadequate in percentage	66.7%
	Total	100%

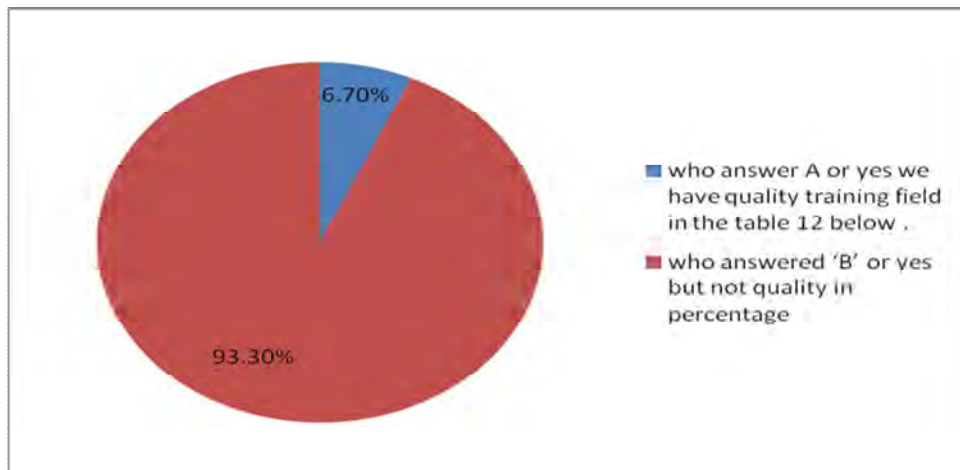


**Figure 11 graph description of handball material support.**

Description: from the above figure we can see that 33.3% of the respondents said that the facility and equipments support for the trainees of handball is adequate while the rest majority which is 66.7% said it is inadequate. From this we can concludes that most of the handball clubs lack adequate training equipments in which the perform training.

**Table 12 the response to question #18 which inquires as a handball trainee do you have training place field is shown in the table 12 below.**

	Suggested alternatives for the item.	Respondents by percentage (%)
A.	Number of respondents who answer 'A' or yes we have quality training field in the table 12 below.	6.7%
B.	Number of respondents who answered 'B' or yes but not quality in percentage	93.3%
	Total	100%



**Figure 12 graphical explanation of the quality of handball training**

Description: It is indicated in the figure above that almost all with the expectation few said that they have training field but the field the field has no quality. As we can see above only 6.7% said they have quality training field whereas the rest 93.3% said they have no quality training field. From this we can analyze that most of the Addis Ababa handball clubs lack a quality handball court which indicates that the development of handball.

**Table 13, for the question # 20 which asked, do hand ball club pay you salary? The respondents answer yes and or no is given I percent in the table below.**

	Suggested alternatives for the item.	Respondents by percentage (%)
A.	Number of respondents who said 'A' or yes satisfactory	13.3%
B.	Number of respondents who said 'B' or yes but not satisfactory	86.7%
C.	Number of respondents who said 'C' not at all.	-
	Total	100

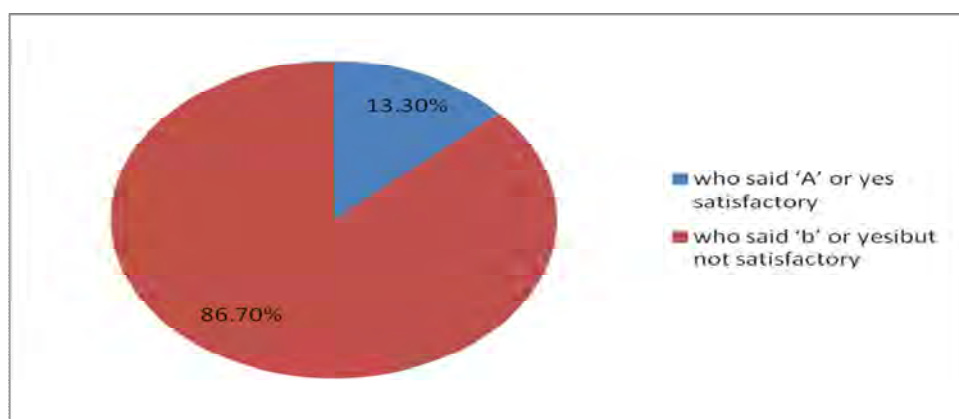
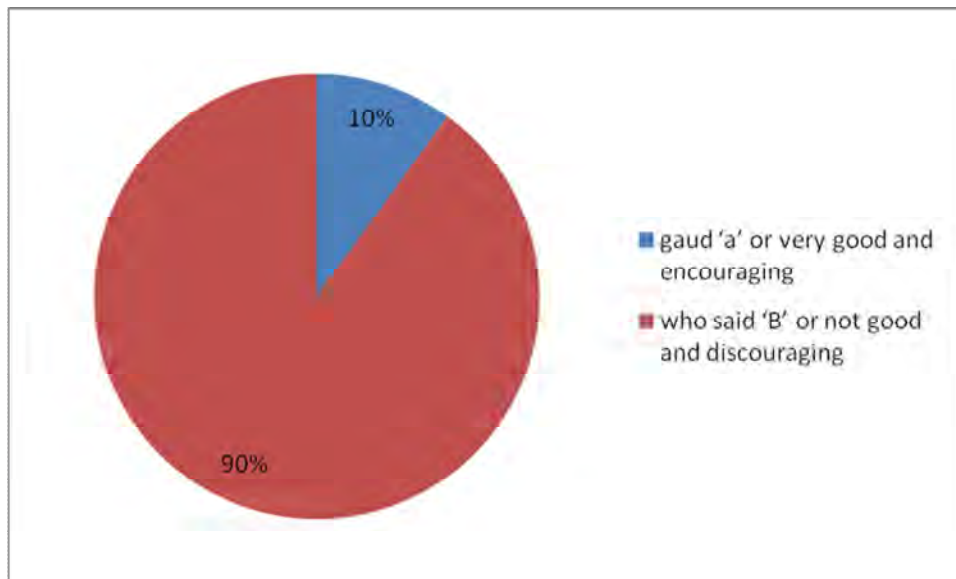


Figure 13 graphical description of the level of respondent satisfaction of their salary.

Description: as it is stated above 86.7% of the respondents said that the earn salary which is small or unsatisfactory. Only 13.3% said that they earn salary which is satisfactory. So the greets majority is not happy about their earning or salary.

**Table 14 the question #21 stated that what do you think is community attitude to words handball? The respondents answer is shown in the table below.**

	Suggested alternatives for the item.	Respondents by percentage (%)
A.	Number of respondents who good 'A' or very good and encouraging.	10%
B.	Number of respondent who said 'B' or not good and discouraging.	90%
	Total	100%



**Figure 14 graphical community attitudes towards handball.**

Description: As it is shown in the figure above the community's attitude is almost negative or not encouraging. Only 10% said that community outlook is encouraging whereas 90% said that it is not good or discouraging. This indicates that the community attitude for handball is very low which as the result hinder the development of handball at all.

For question#22 which is stated as, what is the strength of Addis Ababa handball club, respondents answer summarized as it is difficult to talk about strength because weakness out shines strength. The federation didn't give attention for handball, the management is poor and no supports for handball all most at all.

For question #23, which is asked as what is weakness of Addis Ababa handball club? The answer of respondents is detailed as, training field is not good, absence of media coverage, federation is weak that it doesn't support the club, lack of professionals in handball club the management bodies are appointed not based on qualification as a result they can't lead the club successfully.

### **The response from interview of the coaches.**

🕒 What is your educational level and profession?

As interview conducted to the handball coaches indicated, response to the above question in most of the case similar. Accordingly all three coaches responded that as they are not a professional handball coach rather they become a coach by the experience. They do not take any course related with handball rather than short coaching trainings. With their respect of their academic experience only one coach has a diploma in other field which is not related with handball specialty where as others are 12<sup>th</sup> grade complete with no certificate.

🕒 Do you have a well programmed and continue training programmed for your trainees?

Thus, here the three respondents from prison, defense and federal police handball clubs coach responded to the same target. Accordingly they responded as they have their own training plan for their trainees but they face different problems to give them training adequately for the trainees. Among these problems are: absence of enough and well facilitated training fields, absence of gymnasium and the trainees have too a little time to take rest even during running the transition period, trainees make the training and that may make the training routine and boring for them. More over the preparatory provide is not well planned and coordinated. Hence we can say that planning for the training is based on guess.

④ What are the challenges you face as a coach?

The response of Federal prison handball club coach- Because the training field is not well established, it can't allow giving the training a very good manner because it doesn't allow the trainees comfort. Because the field is concrete stone the trainees feel pain on their foot and for this matter they sometimes have no good feeling and even their interest for the game is affected. The other is that the training field does not have a quality. Beside this, in most of the case it is overcrowded by many sporting events; as the result it is difficult to schedule the training for the trainees. For this reason it is difficult to schedule the training according to the weather condition and that is a great challenge not only to coach but also to the trainees as well.

The response of defense hand ball club coach: among the challenges are absences of new trainees that would replace the existing ones in case the existing trainees face problems. Because in our country handball is not well known, the professionals in the field are very limited, if difficult to get new enrollments to fill the human resource need of the club.

④ What can we say about the budget allocation for handball club in relative to the other sports?

The federal prison club coach: the budget allocation for handball clubs is very minimum than the amount allocated for other sports like football club. This shows that the Addis Ababa sport commission has not played good attention for handball like it does for other sports. Even salary is not satisfactory and there is no budget to organize projects that would promote the game.

There is also no media coverage for the handball competition. Therefore, because of financial problems it is hardly possible to organize competitions and no financial rewards for last performers. Because of budget limitation the facilities for the trainees like gymnasium and quality game field couldn't be established.

Federal police handball club coach: for hand ball club budget allocation is unsatisfactory or very low. There is no good salary for the athletes as well as for coach. No budget even to fulfill materials for athletes like uniforms, quality gymnasium and quality training field.

Defense handball club coach: says that there are some financial related problems like no enough realty that would initiate the athletes and the sport community in general, to be committed and bolsters their moral. Even though, our club has a gym for the trainees, that makes it better than other clubs but there is inadequate training material fulfill materials like uniform for the trainees and coach due to financial limitation.

### **Interview question for handball club management bodies and member of staffs.**

🗣️ Interview question1. What is your role in the handball club?

As a manager, my role is to organize coordinate and to lead the finance and human resource of the clubs. In addition to this, in charge of having or recruiting, organizing projects and competition among clubs.

④ Interview question2. How do you see the attention given for handball in our county

The attention given for handball in our country is not good, the budget allocated for handball clubs is very limited as the result it's difficult to organize projects frequently that can make handball popular in the country. There is no media coverage and education regarding handball in school level is limited. For these reason the attention given to handball is not encouraging.

④ Interview question3 what do you think are causes of inconsistency in handball club?

Handball in our country try is limited to military forces and if problem happen to the militarists that they cannot keep it going then handball become inconsistent lack of faineance or budget and trained man power is also attributable to this course.

④ Interview question 4 what do you think should be done in order to maintain the clubs?

In order to maintain or sustain handball clubs Addis Ababa sport commission should pay attention by providing enough budgets, training handball professionals, making quality training field, organizing projects and Medias should give coverage for handball competition.

④ Interview question 5 do you get enough budget for running the management duties?

There is no enough finance to run activities to develop projects , establishing gymnasium, fulfilling the training materials for the athletes, relay of the staffs is even not attractive that it affect interest, so generally speaking there is shortage or limitation of budget.

## **Observation of handball clubs on training time**

As continuous three time's observation by checklist mini stadium handball federation at the training section, the following observational results can be drawn. During the training day the coaches' punctuality is very good, where the trainees are not as punctual as their coaches. It could also observe that the training field quality is very poor or it's conducive for training. The trainee's attention to their coach and their implementation in accordance with the coach advice is satisfactory and the coaches' instruction is satisfactory, clear precise and voce of coaches advisability's are also are good. The availabilities of the training material are also lies in the satisfactory level. As it is also observed that coaches do not have training plan, which is unsatisfactory. Coaches have those materials like watch and whistle which they used for training. They also wear sport wearing during training time. The researcher also observed those the coacher uses the variety training techniques which could be rated to satisfactory.

## CHAPTER FIVE

### SUMMARY, CONCLUSION AND RECOMMENDATION

#### 5.1 Summary

Based on the obtained data: The analysis, interpretation and sorting out of findings have been carried or subsequently the researcher enforced to come up with the remaining part according to the objective and motive of the study then based on the summarized findings the conclusion have been developed.

As the overall sprit (motive) of reviewed literatures reflected that the major causes for the declining the number of the handball clubs in Addis Ababa is attributed to different causes or factors.

Based on the analysis part of the study the following summery have been drawn.

- 83. 13% of the trainees have interest to be handball athlete because they state handball game very good for their health and it's enjoying game.
- 16.67% of them stated that they have no interest to be handball athlete. As a reason they stated that handball doesn't pay them good salary and no support for the athletes.
- 76.7% of the respondents affirmed that they have no adequate support of material for their handball training.
- 93.3% of the respondents have proved that they have training field but the field is of poor quality.
- 90% of participant said that attitude of community towards handball is not satisfactory.
- 65.3% of the respondents wish to be handball athlete in their future life.
- Because all handball clubs are founded by the military force, when sports established by the militarists are abolished of the handball clubs

could also abolish consequently the number of handball clubs which were 17 in number could sharply decreased to only 3.

- 50.5% respondents said that handball game is the most interesting game compared to other sports.
- Lack of support from Addis Ababa sport federation, lack of material and equipments support for the athletes, lack of professional's coaches, weak management lack of good training fields and gymnasium.
- All handball athletes do their training either three days or four days a week. the majority (56.7%) make training 3 days a week and the rest 43.3% make training and days a week
- Regarding the athletes nutrition 60% of them have a nutrition programmer in accordance with their training where as the rest 40% don't have a feeding system that match their training.
- 83.3 of the participants confirmed that Addis Ababa sport commission has no good tendency to support hand ball clubs.
- 93.3% of the respondents have justified that the handball clubs have training field but it is not of a standard /quality.
- 86.7 % of the respondents are not happy about their payment.

### **Findings that obtained from the interview of handball club coaches**

- As it is affirmed by the coaches form the hand ball clubs, points that were asked and the respective responses are summarized as follow.
- The coaches suggested that they do have continuous training for their athletes.
- Coaches from the three clubs said that they have a problem of quality field which they say negatively affects the trainees/athletes interest for the game of hand ball.

- As it could be ascertained by the coaches hand ball trained professional are very limited. It is even difficult to fill the vacant in case new human resource is needed because hand ball is not well known in our country
- As per the coaches, the budget allocation for hand ball club is not sufficient to develop hand ball to extent needed.
- Only defense hand ballclub has gymnasium for the athletes.
- Budget allocation for hand ball club is very low that if couldn't organize projects and compactions among clubs is very rare.
- Absence of media coverage have a negative impact in that hand ball game is not known well in the country

## 5.2 Conclusion

Based on the major findings of the study, the following conclusions have been drawn. The basic motive of the study is, to find out the causes for the declining of the number of the handball clubs in Addis Ababa. As this study justified that, the cause for declining of handball club is the result of several factors. That is during the reorganization the change of sport commission rule in which all club is obligated to consist at least five different sports and a single sportsman was allowed to participate in a single sport, were resulted in the dissolution of women's clubs and declining of handball clubs from 17 to 3 takes the lion share. Hence because it is not must to include all five sports the club started to concentrate on other sports where as it ignored or played less attention for handball.

Absence of quality fields for handball game, negatively influence the athlete's commitment and interest for handball game.

Most of the trainees have interest to be handball athlete because they believe that handball game very good for their health and it's enjoying game but because of the reason handball doesn't pay them good salary and no support for them some of the handball trainees do not interested to be handball athlete. support from Addis Ababa sport federation, lack of material and equipments support for the athletes, lack of professional's coaches, weak management lack of good training fields and gymnasium

Lack of training field, poor qualities of available court and low attitude of community towards handball greatly influence handball clubs training.

There is no media coverage for handball game as a result popularity of the handball game in our country is not significant because handball club were established by the military or defense forces.

Lack of good management could also contribute to the decrease of the number of handball clubs. The playing field for the handball club is made of concrete stone that it does not give comforts for handball athletes.

### 5.3 Recommendation

As the finding of the study affirmed that the major causes for the declining of the numbers of handball club is attributed to different factors. As one of the major causes that caused to the declining of its number is that, limitation to the militaries support for growth and continuity. Beside this the community involvements in handball and support is limited.

So the researcher would like to address the following points to be carried out and implemented are for the consistent progress of handball clubs.

- Handball should be given consideration and education about handball should be given for students starting from lower classes. Because as it could be observed from the finding most of handball athletes start their handball career after completion of their education.
- Handball club member should not only confine to the military forces, rather it should be open to the wide population so that it will be more popular.
- Medias should work on handball in order to promote and sustain handball.
- Government should give attention for handball club by allowing budget, providing support for handball club member and by facilitating training materials.
- More professionals should be produced in the field of hand ball.
- Handball management bodies should be recruited based on profession rather than other factors like politics.
- Competitions between hand ball clubs should be conducted frequently in order to bust the capacity of athletes.
- Winners in a completion should be awarded in order to encourage them the winners.

- Government should encourage private owners to invest on handball.
- There should be training material or supporting materials such as first aid for handball trainees.
- There should be other facilities like massage for the trainee's special after training.
- There should be psychoanalyst for the trainees whom is important to improve and maintain the psychological stability of the trainees.

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# Appendices I

ADDIS ABABA UNIVERSITY

SCHOOL OF GRADUATE STUDIES COLLEGE OF NATURAL SCIENCE

DEPARTMENT OF SPORT SCIENCE

A research questionnaire which is prepared for the members of Addis Ababa handball club.

Dear respondents, I would like to thank you in advance for your contribution in this research which is aimed at cause of inconsistency of Addis Ababa handball clubs and the information you give will have a key role in the success of the research. This questionnaire contains two types of questions: multiple choice questions and explain questions.

Please circle the right choice for the multiple choice and write as accurate and as detailed an answer for the explain question.

Name of Club \_\_\_\_\_

There is no need to write your name.

Return the questionnaires as soon as you complete.

**Thank you for your cooperation**

- 1) Gender                      A) Male                      B) Female
- 2) Age                            A) 15-20 years                      B) 21-25 years
- C) 26-30 years                      D) Above 30 Years

- 3) What is your educational background?
- A) 1-4 grade level                      B) 5-8 grade level
- C) 9-12 grade level                      D) Above 12 grade level

- 4) Do you have interest to be a handball athlete?
- A) Yes                      B) No

5) If your answer for question # 4 is yes, why do you want to be handball athlete? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6) If your answer for question # 4 is no, why you don't want to be handball athlete?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7) What do you think are factors affected the inconsistency of handball club (Brief )?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8) Do you have interest to continue as a handball athlete in your future?

A) Yes

B) No

9) Historical in our country's context there were 17 clubs but through time they reduced into 3 in the present time. What do you think is a reason?

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10) How can you maintain your club not to liquidate?

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11) How do you rate handball compared to other sport activities?

A) Most in interesting

B) as interesting as other sports

C) Less interesting than other sport

12) What do you think are obstacle to hand ball club?

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13) What is the role of government in the growth and continuity of handball clubs ?

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14) How often do you make handball training program per week?

A) 2 day      B) 3 day      C) 4 days      D) More than 4 day

15) Do you nutrition program related with the training?

A) Yes      B) Yes but not interesting      c) no

16) How do you think is the tendency of Addis Ababa sport commission to support handball club?

A) Excellent      B) good      C) unsatisfactory /poor

17) How is the equipments and facility support for the trainees?

A) Adequate      B) not adequate

18) As a hand ball trainee do you have training place (Field)?

A) Yes we have quality training field      B) yes but not quality

19) If you answer to question 18 is B do you think are the problems related to the training field?

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20) Do the handball clubs pay you salary?

A) Yes satisfactory

B) Yes , but not satisfactory

21) What do you think is the community attitude towards handball?

A) Very good and encouraging

B) Not good and discouraging

22) What is the strength of Addis Ababa handball club?

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23) What is the weakness of the Addis Ababa handball club?

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**Thank you**

## **Appendices II**

**Addis Ababa University**

**School of graduate studies**

**College of natural science**

**Department of sport science**

### **Interview questions for handball clubs coaches.**

1. What is your educational level and profession?
2. Do you have well programmed and continece training program for your trainees?
3. What are the challenges that you face as a coach?
4. What is the attitude of the community towards handball?
5. What can we say about the buggiest allocation for handball clubs relative to other sport?

## **Appendices III**

**Addis Ababa University**

**School of graduate studies**

**College of natural science**

**Department of sport science**

Interview questions for handball clubs management bodies and handball clubs members.

1. What is your role in the handball clubs?
2. How do you see the attention given for handball in our country?
3. What do you think are causes of inconsistency / decline handball clubs?
4. What do you think should be done in order to maintain the clubs?
5. Do you get enough budgets for running the management duties?

## Observation of Handball Clubs on Training Time.

Training observation check list

Name of observer Dereje Mulugeta

Name of handball clubs \_\_\_\_\_

No	Item	Excellent	v. good	Satisfactory	Unsatisfactory
1	The coach punctuality		✓		
2	The trainees punctuality			✓	
3	The field conduciveness for the training actives.				✓
4	Levels of the trainees listen to their coach and implementing the practices accordingly.			✓	
5	The coaches' capacity to conduct a clear and precise instruction.			✓	
6	The audibility's voice of the coach to all the trainees.			✓	
7	The availabilities of the sufficient necessary training material for the training.			✓	
8	The coaches training plan availability.				✓
9	The extent to which the coaches wear appropriate sport wears for coaching.		✓		
10	The extent to which the coach used varieties of training techniques.			✓	
11	Level of the coaches organizing training activities in terms of time.			✓	
12	The existence of psychologist and physiotherapist.				✓

Source: Field survey January 2014.

## Declaration

I confirm that this thesis is my original work.

Name\_\_\_\_\_

Signature\_\_\_\_\_

Date of submission\_\_\_\_\_

This thesis has been submitted for examination by my approval as a university advisor.

Name\_\_\_\_\_

Signature\_\_\_\_\_

Date of submission\_\_\_\_\_