



## THE PERCEPTION OF KADUNA AND KATSINA STATES SPORTS COUNCIL ATHLETES ON THE INCLUSION OF TRANSGENDER ATHLETES IN SPORTS

Olarinoye, Funke Abosede

Department of Human Kinetics and Health Education, Faculty of Education. Federal University Dutsin-Ma, Katsina State

\*Corresponding authors' email: [awujoolafunkeolarinoye@gmail.com](mailto:awujoolafunkeolarinoye@gmail.com) Phone: +2348036464698

### ABSTRACT

This study examined the perception of Kaduna and Katsina State Sports Councils Athletes on the inclusion of transgender athletes in sports. The target population was all the Six hundred and twelve (612) registered athletes in both Kaduna and Katsina States. A total of two hundred and thirty-four (234) samples were selected for the study using simple random sampling technique. The instrument used for this study was a researchers' designed questionnaire. (RDQ) After the face and content validity of the instrument by three (3), two (2) experts in the Department of Human Kinetics and Health Education and one (1) in the Department of Psychology and Guidance and counselling all in the Faculty of Education, Federal University Dutsin-Ma, the instrument was pilot-tested using Twenty (20) respondents from the Kaduna State Sports Council who do not take part in the main field work. The collected facts from the pilot-testing was analyze using Cronbach Alpha and the value of 0.8 was the results of the findings. After the administration of the research instrument, the data collected were analyzed using descriptive statistic of mean, standard deviation and t-test inferential statistics. The decision is taken at 2.50. Mean above 2.50 is accepted while mean below 2.50 is rejected. The findings of the study revealed that transgender individuals referred to people who belong to the third gender, person assigned female at birth that lives full time as male, those who wish to be socially recognized as a gender distinct from assigned sex with or without the desire for body modification but agreed that they are not cisgender. It was also established that challenges confronting the transgender athletes are societal discrimination, policy forbidden transgender, difficulty in accessing appropriate facilities and lack of understanding from peers. The study also specified that inclusion of transgender athletes will not have benefit to the society. In addition, there is no significant difference in the perception of Kaduna and Katsina State Sports council athletes on the benefits of transgender inclusion in sports based on gender. The difference is not in favour of athlete because  $t(232) = 0.578$ ; sig (2-tailed) = 0.0888 and  $p > 0.05$ . Based on these findings, it was suggested that Government should not make policy that will accommodate the transgender individuals in the society and not allow transgender athletes to participate in every sport.

**Keywords:** Transgender, Transwomen, Transmen, Athletes, Cisgender, Sports Council

### INTRODUCTION

Every human being is uniquely created by God and no individual has power to dictate to the creator about the gender identity. Invariably, no one has the power to dictate to the creator about his/her gender identity. The power to do this is completely vested in the creator and as a result of this, any gender identity one is endowed with is nobody's faults. The common gender identity could either be male or female but whenever an individual possesses both male and female identities is referred to 'Transgender' (National Center for Transgender Equality, 2016, Bevan, 2014; Forsyth & Copes, 2014).

"Transgender" is an umbrella term that encompasses a number of people who live substantial portions of their lives expressing an innate sense of gender other than their sex assigned at birth. This includes transsexuals, cross-dressers and all other people who feel that their sex assigned at birth fails to reflect their true gender. People who do not identify as transgender can be called "cisgender," meaning that they identify with their sex assigned at birth (Bilodeau, 2008).

Frequently, the word "transitioning" is used to describe the period of moving away from one's assigned sex/gender into closer alignment with gender identity. Physical transitioning may describe surgical, hormonal, or other changes to one's body. Socially transitioning may be described as asking friends to use a chosen pronoun, asking colleagues to respect one's gender identity, and other acts of disclosure. Legally

transition may include a legal name change and changes to gender markers on legal documents (Stryker & McCreary, 2010).

Someone who was assigned female at birth and who now identifies as a man could be known as a trans-man or a transgender man. Likewise, someone who was assigned male at birth and who now identifies as a woman might be labeled a trans-woman or a trans-gender woman. It is extremely important to remember that trans-women are women, just as trans-men are men. Non-binary, gender-queer, and a gender people should be referred to in the terms they use to describe themselves (Ghorayshi, 2022 & Center for Trans Equality, 2022).

Transgender people may be identified as lesbian, bisexual, gay, heterosexual, or some other sexual orientation. Having experienced discrimination, prejudice, oppression, fear and shame, transgender people share commonalties with lesbian gay bisexual (LGB) people. Like LGB people, transgender individuals should not have to hide who they are in order to have safe and satisfying lives. However, it's important to keep in mind the different experiences held by each section of the LGBTQ community (Center for Trans Equality, 2022).

A transgender person (often abbreviated to trans-person) is someone whose gender identity differs from that naturally associated with at birth. Many experience Gender dysphoria, which they may seek to alleviate through transitioning. Those

who desire medical transition to another sex may be identified as transsexual (Bevan, 2014).

Sports refer to physical activities or games that involve skill, strategy and effective means of building knowledge and awareness among individuals in exception of gender, religion and cultural back ground because it allows large groups to come together in an enjoyable way according to specific rules and regulations. (Mohammed& Awujoola-Olarinoye, 2016). They further stated that sports can be done individually as well as in a team and are usually performed for recreational, entertainment, or competitive purposes. Sports promotes physical fitness, teamwork, discipline and overall well-being, forming interactions or obtaining results in the competition at all level. (Adeyanju, 2020). The role that Sports council played virtually in any region is to overseeing and promoting sports within a specific region or country. The various roles played by Sports Council include: organizing sports events, developing policies and supporting athletes (Wikipedia, 2020).

Athletes are individuals who participate in sports or physical activities that require physical skill, training and often competition. Athletes engage in regular exercise and practices to achieve a high level of proficiency in their chosen sport, striving to perform at their best and potentially achieve success on both personal and competitive levels. Sports athletes usually dedicates themselves to improving their physical abilities, honing their techniques and often competing against other in organized events. Awujoola-Olarinoye, & Bashir, (2019) Athletes can excel in a variety of sports ranging from team-based games like soccer and basketball to individual pursuits like running or swimming. The athletes embody qualities such as discipline, dedication and sportsmanship in their pursuits of excellence on the field (Wikipedia, 2020).

The concept of equality in sports refers to fair and just treatment of individuals, regardless of their gender, race, ethnicity, age, sexual orientation, or other characteristics. It encompasses various aspects including equal opportunities, access to resources, representation and treatment in both participation and leadership roles within the sports industry. (Mayaki & Olayemi, 2019) Efforts to promote equality in sports have led to significant changes, this is because some countries have started removing policy that prohibit gender-based discrimination in educational programmes and activities including sports. In addition, various international organisations such as the International Olympic has started emphasizing equality in sports (Awujoola-Olarinoye, & Bashir, 2019).Based on the aforementioned the researcher was prompted to examine the Perception of Kaduna and Katsina States Sports Councils Athletes on the Inclusion of Trans-gender in Sports

### Objectives of the Study

The main objectives of this study is to examine the perception of Kaduna and Katsina States Sports Councils Athletes on the inclusion of transgender in sports. Specifically, its examined:

- i. transgender identity identification
- ii. challenges affecting transgender individuals from participating in sports
- iii. the perception of Kaduna and Katsina States Sports Council on the benefits of transgender inclusion in sports

- iv. the difference in the perception of Kaduna and Katsina States Sports Council athletes on the benefits of transgender inclusion in sports based on gender.

### Research Questions

Who are the transgender individuals?

What are the challenges confronting transgender athletes?

What are the perceived benefits of transgender athletes' inclusion in sports?

What is the difference in the perception of Kaduna and Katsina State Sports Council athletes on the benefits of transgender inclusion in sports based on gender?

### Hypothesis

H<sub>01</sub>: there is no significant difference in the perception of Kaduna and Katsina States Sports Council athletes on the benefits of transgender inclusion in sports based on gender

### Methodology

This study adopted descriptive survey research. This is assumed to be relevant because the descriptive survey research tries to establish the current state of a phenomena based on the findings and information gathered from the relevant respondents to establish the facts. The target population for the study was all the six hundred and twelve (612) registered athletes from the Kaduna and Katsina State Sports Councils Three hundred and fifty four (354) from Kaduna and Katsina State Sports Council have Two hundred and fifty-eight (258). Simple random sampling technique was used to select one hundred and seventeen (117) athletes from the two states making a total of two hundred and thirty-four (234) as stipulated by Krejcie and Morgan (1970). The researcher developed a questionnaire which was used to elicit information from the respondents in this study. This instrument consisted of two sections. Section 'A' solicit information on Bio-data of the respondents while section 'B' is on the Perception of Kaduna and Katsina States Sports Council Athletes on the Inclusion of Transgender Athletes in Sports with eighteen (18) relevant statements that was used to collect information on the constructs presents in the study. The instrument was validated by three (3) experienced and expert lecturers in the Department of Human Kinetics and Health Education, and one (1) expert and experienced lecturer in the Department of Psychology, Guidance and Counselling in the Faculty of Education. Federal University Dutsin-Ma, Katsina State, Nigeria. This instrument was pilot -tested using Twenty (20) respondents from the Kaduna State Sports Council who were not part of the main study and the data collected were used to test the reliability of this instrument using Cronbach Alpha and the value arrived at is 0.8. This value suggests that this instrument is reliable and suitable for this study. The researcher administered one hundred and seventeen (117) questionnaire on one hundred and seventeen respondents with the help of research assistants. The data collected was subjected to data analysis and were analyzed using descriptive statistics of frequency counts, mean, standard deviation and the inferential statistics of t-test and thus answer the research questions and test the hypothesis raised in this study.

### Findings

Research Question One

Who are the transgender individuals?

**Table 1: Findings on transgender individuals**

Statements	Mean	Standard Deviation	Decision
People who belong to a third gender and people who are lesbian, bisexual, gay, heterosexual, or some other sexual orientation	4.00	0.516	Accepted
People who are cisgender	2.87	0.720	Rejected
A person assigned male at birth that lives full time as female	4.40	0.491	Accepted
A person assigned female at birth that lives full time as male	4.47	0.500	Accepted
Those who wish to be socially recognized as a gender distinct from assigned sex with or without the desire for body modification	4.47	0.500	Accepted
Total Grand Mean	4.042		

The table I above shows that the respondents confirmed that the transgender individuals referred to people who belong to the third gender, person assigned female at birth that lives full time as male, those who wish to be socially recognized as a gender distinct from assigned sex with or without the desire for body modification but disagree that they are not cisgender with the total grand mean of 4.042.

### Research Question Two

#### What are the challenges confronting transgender athletes?

**Table 2: Findings on the challenges confronting transgender athletes?**

Item	Mean	Standard Deviation	Decision
Societal Discrimination	3.99	0.815	Accepted
Policy forbidden transgender athletes from participating in sports	4.02	0.797	Accepted
Difficulty in accessing appropriate facilities	4.02	0.797	Accepted
Lack of understanding from peers	4.02	0.797	Accepted
Total Grand Mean =	4.012		

Results from table 2 indicated the challenges confronting the transgender athletes to be societal discrimination, policy forbidden transgender, difficulty in accessing appropriate facilities and lack of understanding from peers with the grand mean of 4.012.

### Research Question Three

#### What are the perceived benefits of transgender athletes' inclusion in sports?

**Table 3: findings on the perceived benefits of transgender athletes' inclusion in sports**

Statements	Mean	Standard Deviation	Decision
Equal opportunities to participate in sports and enjoy the benefits of physical activity, teamwork, and competition.	0.712	4.14	Rejected
Inclusion of transgender athletes helps create a sports culture that embraces diversity, challenges stereotypes, and fosters a sense of belonging for everyone, regardless of their gender identity	0.676	4.18	Rejected
It helps in avoiding social isolation that can lead to negatively health condition	0.804	4.15	Rejected
Inclusion of transgender athletes provides role models for young transgender individuals, inspiring them to pursue their passions	0.804	4.15	Rejected
By participating in sports, transgender athletes can raise awareness and educate others about transgender issues, dispelling misconceptions and fostering greater understanding	0.784	4.11	Rejected
Embracing diversity and inclusion strengthens the overall sports culture by promoting sportsmanship, teamwork, and mutual respect among athletes of all backgrounds.	0.676	4.18	Rejected
Including transgender athletes in sports can enhance competition by increasing the talent pool, pushing athletes to continually improve, and contributing to the overall growth of the sport.	0.821	4.07	Rejected

It helps transgender individuals integrate into various aspects of life, including sports, with the same rights and opportunities as cisgender individuals.	0.713	4.14	Rejected
It helps transgender individuals integrate into various aspects of life, including sports, with the same rights and opportunities as cisgender individuals.	0.821	4.07	Rejected
Inclusion of transgender athletes aligns with legal and ethical obligations to provide equal rights and opportunities	0.713	4.14	Rejected
Inclusion of transgender athletes is a step toward advancing LGBTQ rights, promoting visibility, and fostering an environment where all sexual and gender identities co-exist.	0.830	4.18	Rejected
Total Grand Mean =	8.354		

The results in Table 3 revealed that the Sports Athletes in Kaduna Sports Council Disagreed that inclusion of transgender athletes is of great benefit to the society. The respondents disagreed to all the two statements in the questionnaire with total grand mean of 8.354. Which is below the cut-off of point. This implies that the perceived benefit is very low

#### Research Question Four

What is the difference in the perception of Kaduna State Sports Council athletes on the benefits of transgender inclusion in sports based on gender?

#### Hypothesis One

Ho1: there is no significant difference in the perception of Kaduna State Sports Council athletes on the benefits of transgender inclusion in sports based on gender

**Table 4: Findings on the difference in the perception of Kaduna State Sports Council athletes on the benefits of transgender inclusion in sports based on gender**

Item	N	X̄	STD	Df	T	Sig(2-tailed)	Decision
Male	118	45.80	7.623	232	0.578	0.0888	Accepted
Female	116	45.21	7.978				

The results from table 4 showed that there is no significant difference in the perception of Kaduna and Katsina State Sports council athletes on the benefits of transgender inclusion in sports. This is confirmed to be true because  $t(232) = 0.578$ ; sig (2-tailed) = 0.0888 and  $p > 0.05$ . The hypothesis one is hereby accepted .

#### Discussion of Findings

The findings in this study confirmed that transgender individuals referred to people who belong to the third gender, person assigned female at birth that lives full time as male, those who wish to be socially recognized as a gender distinct from assigned sex with or without the desire for body modification but disagree that they not cisgender. This finding is in line with work of Radix, Safer, & Tangpricha (2016) on transgender health care where the same definition was given to the term 'Transgender'.

The study equally attested to the fact that the challenges confronting the transgender athletes to be societal discrimination, policy forbidden transgender, difficulty in accessing appropriate facilities and lack of understanding from peers. This finding supports the work of Grant, Mottet & Tanis (2011) on national transgender discrimination survey report on health and health care.

The finding also revealed that sports athletes in Kaduna and Katsina State Sport Councils agreed that inclusion of transgender athletes has no benefit to the society. This finding is in contrary with the work of Stryker & Whittle (2006) on transgender right and activism where the importance of transgender was seriously outlined.

There is no significant difference in the perception of Kaduna State Sports council athletes on the benefits of transgender

inclusion in sports based on gender. This finding is in contrary with the work of Olson, Durwood, DeMeules & McLaughlin (2016) on mental health of transgender children who are supported in their identities where the transgender inclusion was supported.

#### CONCLUSION

From the findings of this study, it was concluded that the transgender athletes belong to the third gender and they combine the attribute of male and female. These particular set of athletes are expose to societal discrimination and there are no great benefits if they are included in sports.

#### RECOMMENDATIONS

Based on these findings, the following recommendation are made:

- Government should not make policy that will accommodate the transgender individuals in the society and not allow transgender athletes to participate in every sport.
- The Sports Councils and other people of authorities should be aware that inclusion of transgender individuals has no benefit in sport.
- Public lecture should be arranged to educate the public on the perceived benefits of sport participation in respective of their gender.

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## APPENDIX: RESEARCH QUESTIONNAIRE

### INSTRUCTION TO RESPONDENTS

SECTION "A" is soliciting demographic information while Section "B" requires your response by ticking ( ) a statement under each sub-section that best represents your perception on the Perception of Kaduna and Katsina States Sports Council Athletes on the Inclusion of Transgender Athletes in Sports.

### SECTION "A"

#### DEMORAPHIC INFORMATION OF RESPONDENTS.

Kindly tick s( ) the box that is appropriate to you.

Gender

Male:

( )

Female:

( )

SECTION "B: On the Perception of Kaduna and Katsina States Sports Council Athletes on the Inclusion of Transgender Athletes in Sports.

The following statements are based on four (4) points Likert Scale relating to the Perception of Kaduna and Katsina States Sports Council Athletes on the Inclusion of Transgender Athletes in Sports. Kindly tick the appropriate column against each statement that best represent your feeling.

**KEY****Strongly Agree (SA), 4 Points Agree (A), 3points Disagree (DG) 2 Points Strongly Disagree (SD) 1 Point**

S/N	Statements	SA	A	D	SD
	Who are the transgender individuals				
1	People who belong to a third gender and people who are lesbian, bisexual, gay, heterosexual, or some other sexual orientation				
2	People who are cisgender.				
3	A person assigned male at birth that lives full time as female.				
4	A person assigned male at birth that lives full time as female				
5	Those who wish to be socially recognized as a gender distinct from assigned sex with or without the desire for body modification.				
	Societal Discrimination				
6	Policy forbidden transgender athletes from participating in sports				
7	Difficulty in accessing appropriate facilities				
8	Lack of understanding from peers				
9	Equal opportunities to participate in sports and enjoy the benefits of physical activity, teamwork, and competition				
10	Inclusion of transgender athletes helps create a sports culture that embraces diversity, challenges stereotypes, and fosters a sense of belonging for everyone, regardless of their gender identity				
11	It helps in avoiding social isolation that can lead to negatively health condition				
12	Inclusion of transgender athletes provides role models for young transgender individuals, inspiring them to pursue their passions				
13	By participating in sports, transgender athletes can raise awareness and educate others about transgender issues, dispelling misconceptions and fostering greater understanding				
14	Embracing diversity and inclusion strengthens the overall sports culture by promoting sportsmanship, teamwork, and mutual respect among athletes of all backgrounds.				
15	Including transgender athletes in sports can enhance competition by increasing the talent pool, pushing athletes to continually improve, and contributing to the overall growth of the sport.				
16	It helps transgender individuals integrate into various aspects of life, including sports, with the same rights and opportunities as cisgender individuals.				
	It helps transgender individuals integrate into various aspects of life, including sports, with the same rights and opportunities as cisgender individuals.				
17	Inclusion of transgender athletes aligns with legal and ethical obligations to provide equal rights and opportunities				
18	Inclusion of transgender athletes is a step toward advancing LGBTQ rights, promoting visibility, and fostering an environment where all sexual and gender identities co-exist				



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