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# The Benefits of Intramural Sports on College Students at the University of Rhode Island

By: Emily McVerry

Major: Nursing

Sponsor: Sean Butler, Campus Recreation

## Introduction

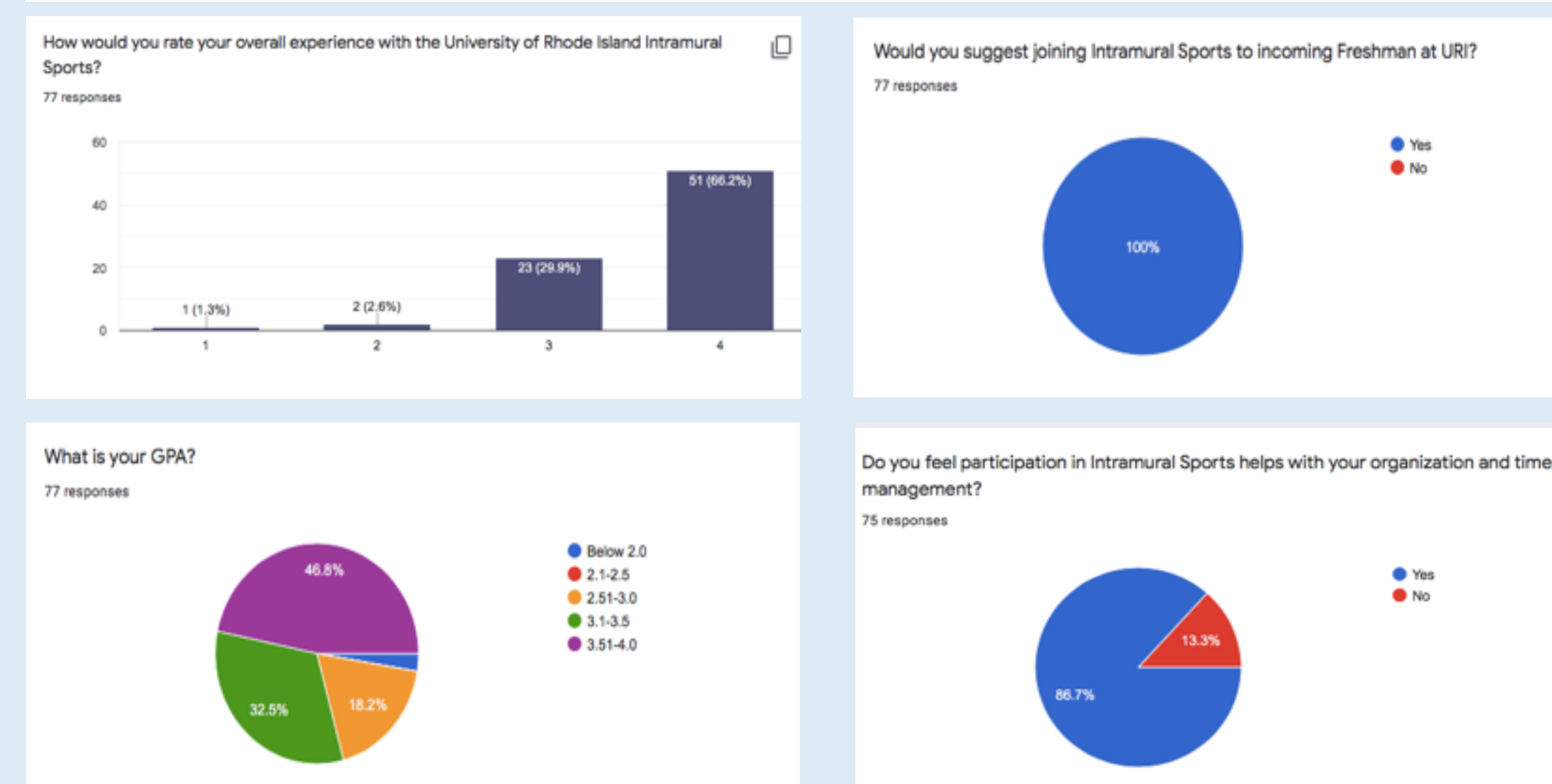
Intramural Sports is a great pastime for college students across the country. It gives college students an opportunity to stay active and socialize with peers in a healthy way. Some first-year students come to college after active athletic participation in high school. Intramural Sports gives students the opportunity to continue being involved in a sport they are passionate about while increasing their sense of belonging with their university. The University of Rhode Island (URI) runs a very successful Intramural Sports program in which over 2,200 students participate. Participants range from first year students to graduate students and even faculty at the university. Sports offered include flag football, soccer, basketball, sand volleyball, cornhole, badminton and many more. I have been involved in URI's program firsthand by participating in the sports and helping to facilitate scheduled offerings. In these experiences, it was evident how positively Intramural Sports was impacting the participants. As a result, I wanted to find out exactly what student participants at URI were taking away from the program.

## Methods

The method that I used to collect data was a 17-question survey conducted through Google Forms. In January, I started going to Intramural sports games and handed out iPads that contained the survey in them and asked participants to participate in my study by answering the questions. I also had URI Campus Recreation post my survey on their Social Media account to get more responses.

## Results

The Google Form survey came back with 77 responses from participants in Intramural Sports. The participants included 29.9% Senior, 19.5% Junior, 23.4% Sophomore, 26% Freshman undergraduate students and 1% Graduate students at URI. 54.7% were female and 43.4% were male. 45.5% have played 1-2 semesters, 32.5% played 3-4 semesters, 14.3% played 5-6 semesters and 7.8% have been playing 7+ semesters of Intramural Sports at URI. 66.2% said they rate their experience with URI Intramural sports as a 4/4. 46.5% of participants had a GPA ranging from 3.51-4.0 and 32.5% ranged from 3.1-3.5 on a 4.0 scale. 100% of participants responded to the survey and said that Intramural Sports positively impacts their experience at URI. 100% of participants said they have created positive relationships through Intramural Sports. To the open-ended question, "If you could change anything about Intramural Sports what would it be?", 23.5% of participants said that they would change nothing about Intramural Sports.



## Conclusions

From the information that was collected in the survey, I concluded that the Intramural Sports program positively impacts the college students at the University of Rhode Island. The survey said, 100% of participants said that Intramural Sports positively impacts their experience at URI. 100% of participants said they have created positive relationships through Intramural Sports. This showed me that the current program that is in place is working well for the students. It was nice to see that many people believe that Intramural Sports has helped them create positive relationships, helped them gain skills like organization and time management and overall benefitted their experience at URI. I was also able to conclude that there are some areas that participants want to see changed in the program. With this feedback, I can help the program become even better for participants in the future at URI.

## Acknowledgments

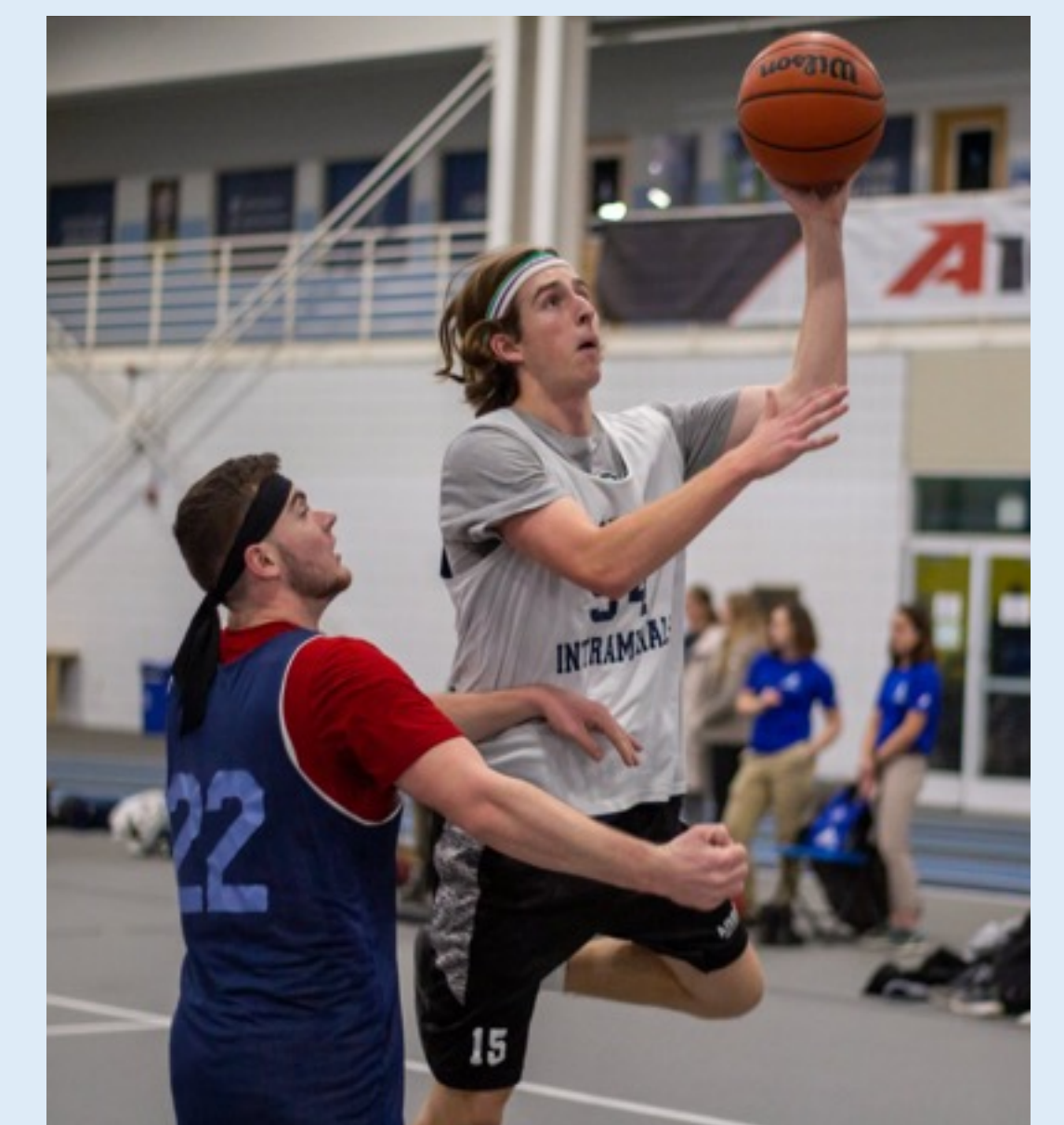
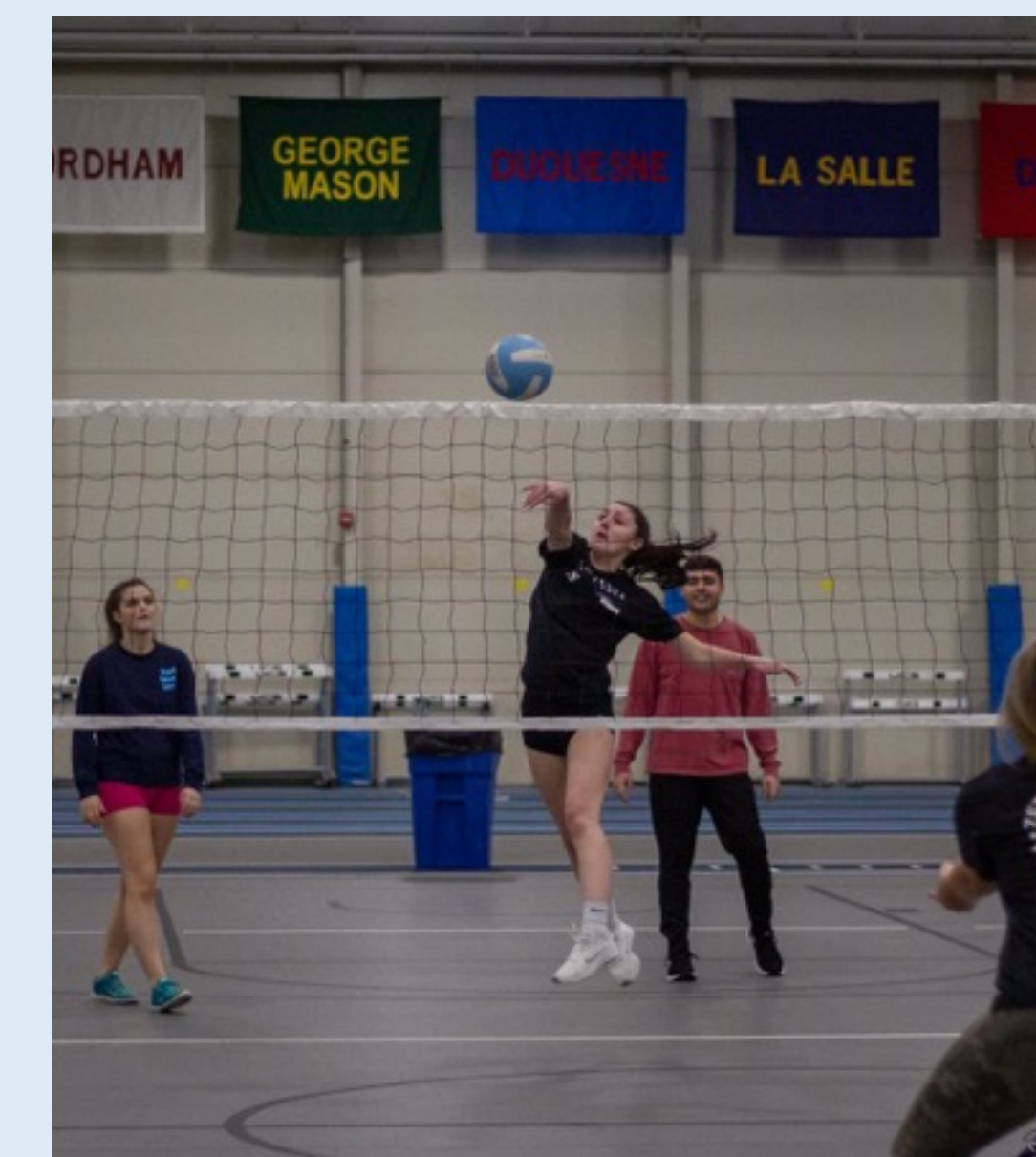
I would like to thank my sponsor, Sean Butler for helping me conduct this study so we could both work to improve something we care about. I would also like to thank the students who took the time to respond to my survey, your feedback was very much appreciated.



Photo taken by an Intramural Sports staff member of the team, "Staffsketball", a team in the Co-Rec 3v3 Basketball league offered in our second fall session.



Photo of the Intramural Sports staff for the 2019-2020 school year who work hard to make the Intramural Sports at URI safe and fun for all participants.



Photos taken by Campus Recreation at URI of participants playing in two of our offered sports, Volleyball and Basketball.