

INFLUENCE OF SOCIOCULTURAL PROBLEMS UPON SPORTS PARTICIPATION AMONG COLLEGE FEMALE ATHLETES OF DISTRICT SIALKOT

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ABSTRACT

The main purpose of the study was to analyse the influence of societal constraints on College level female sports participation of district Sialkot, Pakistan. Further it was also aimed to assess the influence of cultural limitations on college level female sports participation. A questionnaire which consists two different portions, the first portion was developed to investigate the influence of societal constraints upon girls' participation at college level and second portion was design to collect information regarding the influence of cultural limitations upon female college sports was developed. All the students of female colleges situated in Sialkot, Pakistan were served the population of the study. In this present study the researcher takes 20% female students. A total of 867 copies of questionnaires were distributed for data collection, among 867 copies only 771 female student (F.A. students= 578 and F.Sc. students= 193) were returned the filled questionnaire in all respect, and 98 copies of questionnaire were not properly filled which makes the return ratio of the questionnaire as 88.93%. Researcher observed there is significant effect of societal and cultural aspect upon the girl's participation in sports activities.

Keywords: Societal constraints, cultural limitation, female athlete.

1. INTRODUCTION

The study was conducted in order to study the effect of society and cultural values on the participation of a female athlete in sports activities at college level in district Sialkot of Pakistan. Sialkot is famous for its sports instruments production throughout the world. Especially the handmade footballs often known as hand sewed footballs of Sialkot are very famous in sports world. According to an estimation made, 60% of the world's productions of footballs are produced in Sialkot. Nearly 40 to 60 million footballs are made in Sialkot which is the main reason for its Reputability. In 2014, the FIFA World cups footballs were made in Sialkot in a sports industry named Forward sports. In this way Sialkot also provides a lot of worth to the national treasury as a result of production of these sports tools. Keeping in view the importance of the Sialkot city in relationship with sports activities, it is important to find out the facts that are behind the low participation of female athletes from Sialkot city. The hypothesis and the objectives of the study will provide sufficient information in this case to overcome this collapse.

Society is developed in all manners by if and only if each member of the society participates in sports activities irrespective of gender differences. Sports activities are fair enough and they provide equal chances to both the male and the females of the society to develop skills by cure participation. But in Pakistan and especially in less developed areas the female participation is nearly zero in sports activities and especially athletics. Due to cultural and ethical issues they are not allowed to take part in sports and athletics. Cultural hurdles also play their role in decreasing the participation of females in sports and athletics.

Currently Pakistan is facing high birth rate problem and the rate at which the population is increasing is quite a dangerous one. At present occasion Pakistan is given sixth number among the countries with high populating rate. Along with 51.35% male the percentage of females is also very high at current occasion with a percentage of 48.65%. But due to cultural restrictions only men are given importance in choosing their lifestyle and activities while females are ignored in all manners to a very dangerous level. Nearly half of the population of Pakistan is comprised of females but they are ignored in all part of life. Irrespective of having such high population level only very few females are introduced at national and international level to represent Pakistan in athletics and sports activities, which is a real dishonor being a nation.

Along with participation in sports activities females are also ignored in all parts of life. At the present time is the core need of the state to provide equal rights and equal chances to both males and females so that they took their responsibilities to work for the betterment and integrity of their country by every possible mean. Keeping in views the importance of the topic many researchers have conducted the researches by focusing the factors like motivation, confidence, opportunities, environmental factors, social issues, cultural hurdles, family background and support, age factor and especially the ethical factor, and their effect on the participation of a female in athletics.

According to Khan, Jamil, Khan, Kareem, and Imran (2010) the most important issues in the way of participation of females in sports activities and athletics are lack of importance and awareness regarding the participation of females in sports activities on the part of parents and guardian. Lack of sources and absence of peer group and age group are also known as the important factors which contribute to low participation of females in athletics.

Females in the society are facing many hardships in order to survive and to take part in sports and athletics. Being a Muslim girl as the majority of Sialkot people are Muslims, a girl has to face problems like social hurdles, ethical and moral restrictions, gender issues, absence of parental support and harsh cultural views in order to participate in sports activities, especially athletics.

According to Hewett (2010) all the social barriers together works to oppose the female participation in sports activities. It is important that a major group from society comprising of equal numbers of males and females may take part in sports activities in order to contribute to society. Equal participation is related with equal opportunities for participation irrespective of the gender and the factors affecting the female participation in sports activities.

By making comparative study among different factors and the situations caused by them in parallel, two researchers Kazim (2010) put forward rational arguments that the creator allows the females to take part in activities according to the limitations justified. They are allowed to take part in all sorts of activities but in ethical and moral manner. They should not violate the values of veil. They are allowed in Islam to exercise sports activities. Female's games support is a devouring issue and this ponder of different issues being stood up to by the female is under scrutiny in the Country. In this specific circumstance, this investigation was completed to recognize the issues looked by female competitors at school level in District Sialkot. The analyst is of the feeling that there may be innumerable issues, which should be tended to, but the study in hand focused solely upon the socio-cultural problems influencing female sports participation.

2. METHODS AND MATERIALS

2.1 Sample

In this present study the researcher takes 20% female students from the women colleges of Sialkot, Pakistan. It was assumed that, the 20% sample for this type of study had sufficient to draw the conclusions and generalizations. The proportionate sampling technique was used to choose the sample from the total population. The total number of sample was 867 (666 F.A. students & 201 F.Sc. Students).

2.2 Data collection Instrument

Methodologist and experts suggested that, data collection through Questionnaire is the best to collect information from whole population within limited time. Questionnaire is the tool which is easy to make, prepare, validate and to make reliable. The researcher developed a questionnaire and used for the data collection. The reliability of this questionnaire was found to be 0.89. This questionnaire was a Likert type consisting of five options (Strongly agree, agree undecided, disagree and strongly disagree).

2.3 Administration of Instrument

Questionnaire is distributed to respondents. After given time, the filled questionnaires were collected from the respondents. The researchers tried their best to explain the questions to the respondents during the distribution of questionnaire copies.

2.4 Data Analysis

For the purpose of data analysis, the Mean, Standard Deviation, t-test and Regression analysis were used. The t-test was used to check the difference between two means as in the case of male and female. The regression was used to check the cause and effect relationship.

3. RESULTS

Table 1: Social class wise frequencies and percentages of the respondents

Social Class	Frequency	Percent
Low Class	208	27.0
Middle Class	357	46.3
Upper Class	206	26.7
Total	771	100.0

Figure 1: Bar graph showing the frequencies of the respondent's social class wise

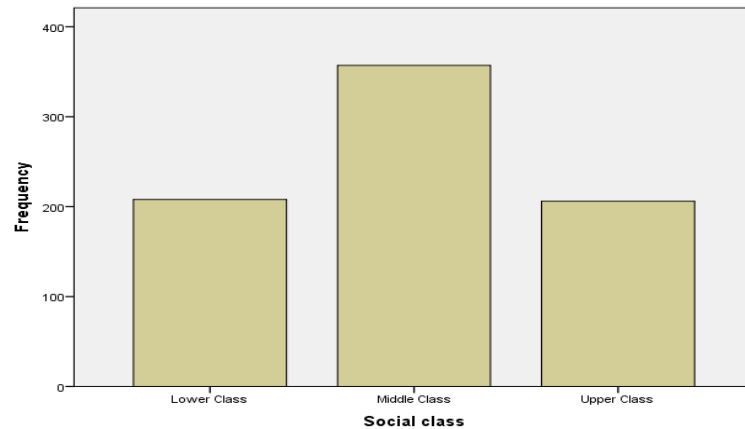
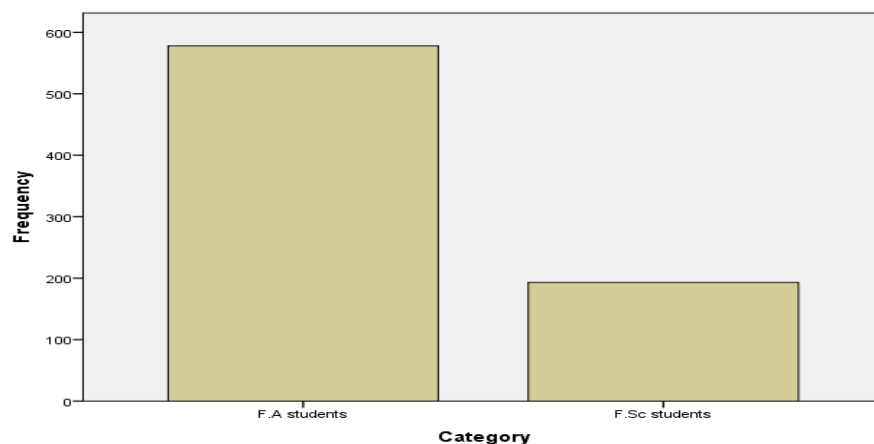


Table 1 and Figure 1 showing the frequencies and percentages of the sample social class wise. There were total three different classes in the sample. Respondent from different social class. The total number respondents having low class were 208 (27%), middle class were 357 (46.3%) and upper class was 206 (26.7%). The total number of respondents having different social classes in the sample was 771 (100%).

Table 2: Category-wise frequencies and percentages of the respondents

Category	Frequency	Percent	Valid Percent	Cumulative Percent
F.A students	578	75.0	75.0	75.0
F.Sc students	193	25.0	25.0	100.0
Total	771	100.0	100.0	

Figure 2: Bar graph showing the frequencies of respondents' category-wise



The above Table 2 and Figure 2 showing the frequencies and percentages of the sample category wise. The total number of respondents having admission in F.A. was 578 (75%) and total number of students having admission in F.Sc. was 193 (25%). The total numbers of students having admission in HSSC were 771 (100%).

Table 3: Societal constraints are significantly influencing sports participation of female athlete at college level

Model Summary

Model	R	R Square	Adjusted R Square	F	Sig.
1	0.781 ^a	0.636	0.635	2821.123	0.001 ^b

a. Predictors: (Constant), Societal Constraints

b. Dependent Variable: Sports participation of female athletes

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	<i>t</i>	Sig.
		B	Std. Error	Beta		
1	(Constant)	0.877	0.057		21.042	0.000
	Societal Constraints	0.718	0.042	0.781	36.114	0.001

a. Dependent Variable: Sports participation of female athletes

There above Table 3 shows that societal constraints are significantly influencing sports participation of female athlete at college level. The results showed that the relationship among societal constraints and sports participation of female athletes was 63% which appeared as positive and strong. The results showed that $r = 0.781$, $R^2 = 0.636$, adjusted $r^2 = 0.635$, $F = 2821.123$ and $Sig. = 0.001$. The results also show that if one-unit increase in independent variable 0.718 units increases in dependent variables. When the Table 3 analyzed cumulatively the results shows that societal constraints significantly predicted sports participation of female athletes at college level $\beta = 0.718$, $t = 21.042$, $Sig. = 0.001 < \alpha = 0.05$. Societal constraints also explain a significant proportion of variance in girl's participation in sports activities at college level $R^2 = 0.636$, $F = 2821.123$, $Sig. = 0.001 < \alpha = 0.05$.

Table 4: Regression showing the influence of cultural limitations on sports participation of female athlete at college level

Model Summary

Model	R	R Square	Adjusted R Square	F	Sig.
1	0.872 ^a	0.666	0.665	1732.223	0.002 ^b

a. Predictors: (Constant), Cultural limitations

b. Dependent Variable: Sports participation of female athletes

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	<i>t</i>	Sig.
		B	Std. Error	Beta		
1	(Constant)	0.987	0.085		22.331	0.000
	Cultural limitations	0.863	0.071	0.872	36.114	0.002

a. Dependent Variable: Sports participation of female athletes

There above Table 4 shows those cultural limitations are significantly influencing sports participation of female athlete at college level. The results show that the relationship among cultural limitations and sports participation of female athletes was 66% which appeared as positive and strong. The results shows that $r = 0.872$, $R^2 = 0.666$, adjusted $r^2 = 0.665$, $F = 1732.223$ and $Sig. = 0.002$. The results also show that if one-unit increase in independent variable 0.863 units' increases in dependent variables. When the Table 4.12 and 4.13 analyzed cumulatively the results shows that cultural limitations significantly predicted sports participation of female athletes at college level $\beta = 0.863$, $t = 22.331$, $Sig. = 0.002 < \alpha = 0.05$. Cultural limitations also explain a significant proportion of variance in girl's participation in sports activities at college level $R^2 = 0.666$, $F = 1732.223$, $Sig. = 0.002 < \alpha = 0.05$.

4. DISCUSSION

Researcher observed societal constraints are significantly influencing sports participation of female athlete at college level. The researcher also found that if one-unit increase in independent variable 0.718 units' increases in dependent variables. The societal constraints are significantly influencing sports participation of female athlete at college level is hereby accepted similarly Bouchard and Shephard, (1994) argued the social problems caused by the society are mainly affecting the participation of females in sports activities. Cultural limitations are significantly influencing sports participation of female athlete at college level.

The result shows that Cultural limitations are significantly influencing sports participation of female athlete at college level. If one-unit increase in independent variable .863 units then increases in dependent variables.

According to Amara (2011) social hurdles like lack of parental support, many responsibilities, absence of equal opportunities and the absence of trust in females' participation causes problem for them to exercise sports activities. Since our society has developed many evils like kidnapping, nepotism, favoritism, violence and sexual harassment etc. These factors perform the task of barrier in the way of female's participation in sports activities. Due to such reasons they avoid participating in sports activities.

The result shows that Cultural limitations are significantly influencing sports participation of female athlete at college level. If one-unit increase in independent variable 0.863 units then increases in dependent variables. Hence the hypothesis Cultural limitations are significantly influencing sports participation of female athlete at college level is hereby accepted in the same line of arguments Elendu and Okanezi, (2013) the females related with sports career are not given as much respect in the society as they should be given. According to the US Department of Health and Human Services (2000), as far as the job or career of a female is concerned they are only allowed to perform their routine house jobs and upholding of children. Similarly, Lirgg, (1991). The participation of females in sports activities is highly affected by the sex factor. In addition to Elendu and Okanezi, (2013) in our society due to some cultural restrictions the female group is not allowed to go outside the house and are restricted to be inside the four divider. The only duty assigned to them is to perform routine house jobs and upraise the children. The concept of participation of sports activities is absent.

5. CONCLUSION

The main purpose of the study was influence of sociocultural problems upon sports participation among college female athletes of district Sialkot. The independent variables were societal constraints and cultural limitations and the dependent variable was girl's participation in sports activities. The main focus of the study was to determine the influence of societal constraints and cultural limitations upon the girl's participation in sports activities. On the basis of data analysis and findings of the study the researcher concluded that there is significant influence of societal constraints upon the girl's participation in sports activities and it was also concluded that there is significant influence of cultural limitations upon girl's participation in sports activities. The researcher concluded that the influence of societal constraints was greater than the influence of cultural limitations upon girl's participation in sports activities at college level.

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