

Influence of Sociocultural Problems on sports participation: A case of female Elite athletes in Pakistan

¹Iffat Bibi, ²Dr. Salahuddin Khan, ²Wasim Khan

¹ Lecturer, Health & Physical Education, Government Girls Degree College, Punjpir, Swabi

(iffat.sarfaraz123@gmail.com)

² Professor, Department of Sports Sciences and Physical Education, Gomal University D.IKhan

(drsalahuddinkhan@yahoo.com)

² Lecturer, Department of Sports Sciences and Physical Education, Gomal University D.IKhan

(wasimkhan2057@gmail.com)

Abstract— Sports activities are very helpful for the overall development of its participant without any inequity. Female have the same right as male to take part in the sports activities but female are facing various problems of inequality throughout the world. The problems of sports participation are more severe especially in Islamic countries of the world and particularly in our country Pakistan. There may be different problems behind this situation. The study carried out to identify solely the influence of sociocultural problems on female athletes with connection to their sports participation in Pakistan. A representative sample of 110 female elite from the entire population belonging to different areas of the country and games. Responses were quantified with 1= strongly disagree, 2= disagree, 3= undecided, 4= agree, and 5= strongly agree. Different statistical measures like enter method regression, one sample test were used in the process of data analysis. The researcher found that societal limitations, Cultural norms and attitude of eminent scholars significantly resists the participation of female in sports activities. This study will provide knowledge to address and then make measures to the dominant factors, which creates problems in the way of sports participation among female folk in Pakistan.

Key Terms— Influence, Sociocultural, Problems, Sports participation, Female Athletes, Elite.

1 INTRODUCTION

Sports activities play a vital role in the overall development of society and its participant without any discrimination of gender. In this view, sports share equal opportunities and encourage the participation of both male and female but female are facing numerous problems throughout the globe in general due to some societal norms and social constrains particularly in Muslims world.

Likewise, lack of participation of Muslim women in sports depends upon many factors such as state of origin, religious bane, traditions, parents, family, relatives and moral support of society

members. According to [1] participation of female in various sports activities depends upon factors like parental approach, cultural norm and tradition of any society, and some guided religious principles. The study further illustrated that afore mentioned factors form different approaches and viewpoint on sports participation of their wards.

The people of any society are expected to behave according to the prevailing cultural norms and tradition of that society. The customary constrains of any culture may influence the activities carried out by the members of any society.

Regarding upon this notion, it is asserted in this present study that sports activity also influenced by cultural norms and traditions. In this connection, [2] asserted that cultural limitations are significantly influence upon sports participation of female. Similarly [3] stated that a cultural and folkloric factor, spiritual and physical challenges creates hindrance in the way of sports participation particularly among the female folk.

Following this argument, though contrary, to a general misconception that sports activities are not allowed in Islam, but it is evident that Islam not only encourages sports and physical activities but also recommends for the welfare and prosperity of mankind. Upon the recognition of significance of sports in the religion namely Islam, the Holy Prophet Muhammad (SAW) said, "Entertain yourself and play, for indeed I dislike harshness to be seen in your religion." Similar stance has been the view point of [4] who says that sports competition are prohibited in Islam if the activities are conducted in accordance with the principles of Islam.

In a similar study, [5] argued that Islam does allow female to participate in sports activities, but there are certain restrictions where female are caged inside the four walls. The author further argued that the female should not be seen and they should be fully covered during participation in sports activities.

The researcher is of the opinion that there might be countless problems, which needed to be addressed, but the researcher focused only upon the socio-cultural problems in the way of female sports participation. All these factors created an urge in the researcher to investigate the problems faced by female elite athletes in the country Pakistan.

2 PROBLEM STATEMENT

Female's sports participation is a burning issue and this phenomenon of numerous problems being faced by the female is under investigation in the country. In this context, this study was carried out to identify the problems faced by female elite athletes in the country of Pakistan. The researcher is of the opinion that there might be countless problems, which need to be addressed, but the study in hand focused solely upon the socio-cultural problems influencing female sports participation.

3 OBJECTIVE OF THE STUDY

The research in hand is primarily related to the socio-cultural problems in the way of female sports participation. Therefore, the sub-objectives which the researcher made an effort to achieve are:

1. To analyses the influence of societal constrains on female sports participation.

2. To assess the influence of cultural limitations on female sports participation.
3. To evaluate the attitude of Religious Eminent scholar's towards female sports participation.

4 HYPOTHESIS OF THE STUDY

Following research hypotheses were formulated in line with the set objectives of the study.

1. Societal constraints are significantly influencing sports participation of female elite athlete.
2. Cultural limitations are significantly influencing sports participation of female elite athlete.
3. The attitude of eminent scholar is significantly discouraging towards female sports participation at elite level.

5 METHODS AND MATERIAL

For reaching at certain findings and conclusions, the researcher adopted following procedure.

5.1 Population

The population of this particular study comprised of all the female elite athlete participating in different sports at National and International level in Pakistan. Thus all the athletes constituted a large group of population, which was named as female elite athlete, having participation in different sports at National and International level competition.

5.2 Sampling Procedure

Due to many factors it was difficult to contact the whole population. In this context, adaptation of an appropriate sampling helps researcher in the collection of needed information for the particular research study. Hence, the researcher used two-stage sampling technique for the study i.e. (Cluster Sampling, and Available sampling) and selected a representative sample of 110 female elite from the entire population belonging to different area of the country and games.

5.3 Instrument used for Data Collection

This particular study was carried out by questionnaire. To collect the required data, a questionnaire with appropriate questions constructed with the help of supervisor was prepared and used for data collection. In this regard 5 point Likert Scale ranging from strongly agree (SA=5 points) to strongly disagree (SDA=1) was used.

5.4 Validity and Reliability of the Instrument

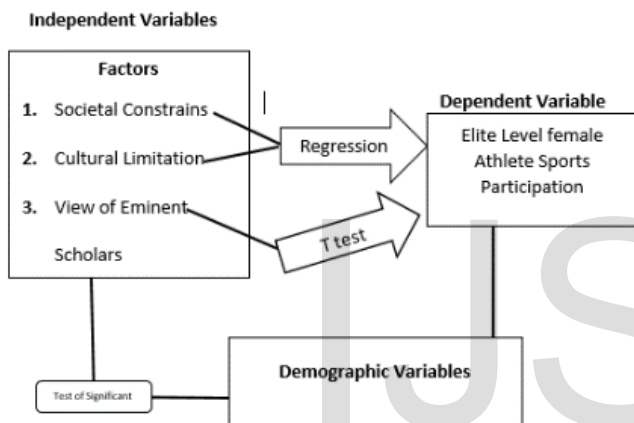
In the initial version of the questionnaire many statements were obtained from the female athletes. Validation and reliability studies were done on the selected statements of the questionnaire. The

questionnaire validity and reliability was made through expert's views. The internal consistency of the six dimensions was calculated using the Alfa Coefficient. The validity of the instrument was found 0.87.

5.5 Data Collection Procedure

For this purpose of data collection, the researcher personally visited different camps and educational institutions to collect data from the respondents. In addition, some questionnaires were sent to the respondents through researcher's teachers and students as well. Out of 110 questionnaires the researcher received back 108 filled questionnaires, while exclusion of 4 invalid questionnaires the researcher entertained responses of 104 valid questionnaires for analysis of data.

6 Conceptual Framework



7 LITERATURE REVIEW

7.1 Societal Problems

Society is the product of social relationship among the individuals. Where there is human there will be problems. The modern hurried age is suffering from different social problems like kidnapping, nepotism and favouritism, poverty and immoral activities. According to [6] social problems like poverty, terrorism, ethnicity and unemployment causes for the effect of individual's activities. Ontological gerrymandering: the anatomy of social problem explanations, social problems,. As for as the sports participation of the female is concerned, it is assumed that societal factors can affect sports participation particularly of the female side. [7]

7.2 Societal Norms and Female Sport

Social norms are the shared expectation of group members in a social situation. According to young and Mack "norms refers to the group-shared expectation". According to [8] in many societies, cultural norms or religious teachings develop a belief that women should be kept

inside the four walls. This approach makes a hurdle particularly for those female who take part in sport at elite level.

7.3 Cultural Problems

Culture is the way of living or styles of living or the norms, customs and traditions which are found in society is the culture of that society. In our society members are bonded to the cultural norms which affect our activity. Sport is also an activity and society and cultural norms can create hurdles particularly in the Muslims society.

7.4 Religious Constraints

Islam is not merely a religion but it is a complete code of life. Islam covers all aspects of human life. As for as maintenance and preservation of the health is concerned it becomes the prime responsibility of human to take proper care of it. Research suggested that engagement in physical activity has positive effects on human health.

7.5 Islam and sports

In general, Islam promotes good health and fitness and encourages both men and women to engage in physical activity to maintain healthy lifestyles. In this connection, [5] argued that Islam does allow female to participate in sports activities, but there are certain restrictions where female are caged inside the four walls. Participation in sports activities for maintain health and prosperity of mankind is agreed by Muslims and the Holy Quran declares that do not forbid good things which Allah made lawful, and do not transgress that Allah has not transgressed.

However, there are aspects of the religion which affect how sport can be practiced, for example; women following their faith cannot engage in mixed gender sport and the environment and dress code also requires consideration.

7.6 Sports and Religious Scholar

Due to religious misinterpretations or simply lack of awareness, many muslim women have been prevented or not felt able to participate in sport. In addition to that the religious eminent scholars criticize the women sport participation and this situation make hurdle in the way of sports participation among female folk.

8 PRESENTATION AND ANALYSIS OF DATA

H₀: societal constraints are significantly influencing sports participation of female elite athlete.

Table no 1. Enter method regression showing the societal constraints influence on female elite athlete sports participation.

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.735 ^a	.541	.538	.41415

a. Predictors: (Constant), Societal
 b. Dependent Variable: Sports

ANOVA^a

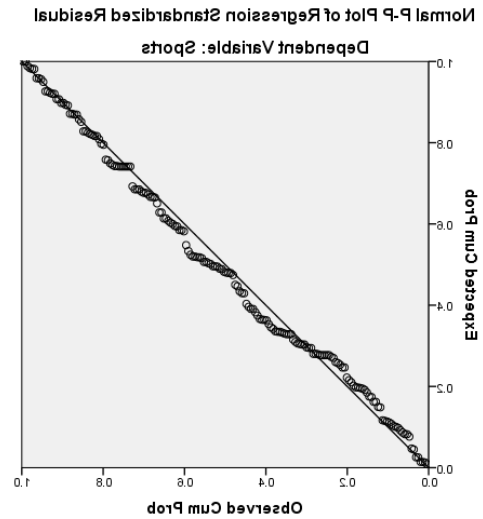
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	36.339	1	36.339	211.864	.000 ^b
	Residual	30.874	180	.172		
	Total	67.212	181			

a. Dependent Variable: Sports
 b. Predictors: (Constant), Societal

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error			
1	(Constant)	1.239	.117		10.624	.000
	Societal	.553	.038	.735	14.556	.000

a. Dependent Variable: Sports



The table no.1 and figures 1 and 2 shows the result of the enter method regression for the influence of societal constraints on sports participation of female elite athletes. From the table it is clear that societal constraints ($p=0.00 < \alpha=0.05$) has significant influence on female participation at elite level. Variance in elite level female sports participation was predicted by societal constraints (54%). The positive B value in column 1 of the “coefficients” table shows that for every unit increase in the independent variable (Societal constraints) there is 1.239 unit increase in dependent variable. Hence, the alternative hypothesis is accepted.

H₀: Cultural limitations are significantly influencing sports participation of female elite athlete.

Table no 2. Enter method regression showing the cultural limitations influence on female elite athlete sports participation.

Fig. 1. Histogram for regression

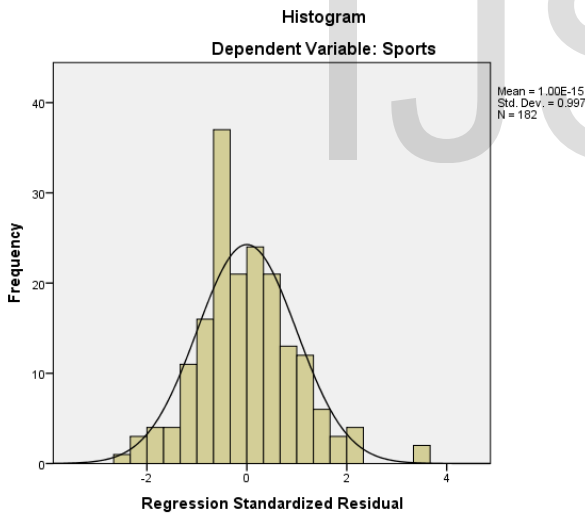


Fig. 2. Showing normal P-P plot of regression standardized residual.

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.687 ^a	.472	.469	.44388

a. Predictors: (Constant), Cultural
b. Dependent Variable: Sports

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	31.748	1	31.748	161.134	.000 ^b
	Residual	35.465	180	.197		
	Total	67.212	181			

a. Dependent Variable: Sports
b. Predictors: (Constant), Cultural

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.649	.102		16.148	.000
	Cultural	.445	.035	.687	12.694	.000

a. Dependent Variable: Sports

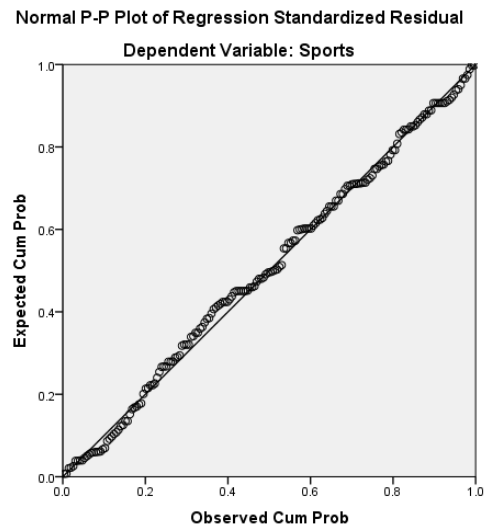


Fig. 3. Histogram for regression

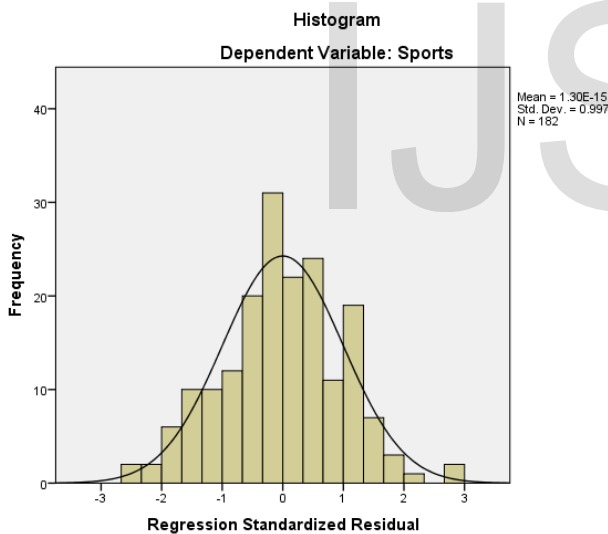


Fig. 4. Showing normal P-P plot of regression standardized residual.

The table no.2 and figures 3 and 4 shows the result of the enter method regression for the influence of cultural limitation on sports participation of female elite athletes. From the table it is clear that cultural limitation ($p=0.00 < \alpha=0.05$) has significant influence on female participation at elite level. Variance in elite level female sports participation was predicted by cultural limitation (47%). The positive B value in column 1 of the “coefficients” table shows that for every unit increase in the independent variable (Cultural limitations) there is 1.649 unit increase in dependent variable. Hence, the alternative hypothesis is accepted.

H₀: The attitude of eminent scholar is significantly discouraging towards female sports participation at elite level.

Table no 3. One sample t-test showing the attitude of eminent scholar attitude towards female sports participation at elite level.

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Islamic	182	3.1018	.93153	.06905

One-Sample Test
Test Value = 5

	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Islamic	-27.491	181	.000	-1.89824	-2.0345	-1.7620

The above table shows that the p-value is .000 which is less than alpha level 0.05 ($p=0.00 < \alpha=0.05$) which indicate that the attitude of eminent scholar is significantly discouraging towards female sports participation at elite level. The above alternative hypothesis is tested on testing value 5. The Sig. (2-tailed) indicate that the alternative hypothesis is hereby accepted.

9 Result and Discussions

The study revealed that societal limitations of different areas in our country significantly hinder in the way of sports participation among the female section. According to [9] the constraint of societal violence existed with in many aspects of women's lives. The study also indicated that violence and fear can be used as a form of social control and these constraints were present for many women who involved in outdoor recreational sports activities. Similarly, [10] found that fear of violence; immoral social behaviour and homelessness were the societal problems facing different athletes who participated in sports activities. The study also asserted that the participant's athletes negotiated strategies for continuing their sports participation.

Cultural norms and tradition such as mixed gender play and concept of veil were perceived by elite athletes. Most of the respondents considered cultural constraints in the way of their sports participation. In this connection, [11] asserted that the culture of sport itself presents a problem. Some women/girls are turned off 'sport' altogether because they see it as a male-dominated activity. It is just not seen as feminine or 'girly' to be interested in sport and, for many girls, being sporty is felt to be at odds with being feminine. In a research study, [12] found in their study that Clothing and equipment for sports can be expensive. The study further illustrated that Images of sportspeople can promote the idea that, unless you are dressed in fashionable clothing designed for a particular sport, you will look out of place. Some sports clothing is also quite revealing, which create problems for women and girls, linked the issues about body image.

Contrary to a general misconception regarding women sports participation, the data revealed that majority of the population do not perceive any prohibition on sports participation in Muslim societies if the activities are carried out with in the accepted norms of the society.. Similar has been the stand point of [13] who says that sports competition is not prohibited in Islam if the activities are conducted in accordance with the principles of Islam. Similar stance has been shown in [5] who argued that Islam does allow female to participate in sports activities, but there are certain restrictions regarding this. The researcher further stated that female should be in four wall and there should not be any male inside the premises. They may participate in sports in their full dress and all body parts should be covered. In a similar study, [14] stated that sports both teaches us the lesson for the social development. The study also stated that the objectives of sports participation and Islamic teachings are uniform. Both struggle for the welfare and prosperity of mankind.

10 Conclusion

The study was designed to assess the influences of sociocultural problems that create hindrance in the way of female sports participation. After data analysis, the researcher found that very significant impact of societal problems has been perceived by female elite athletes with reference to their sports participation. Among the societal problems nepotism, favouritism and less opportunities of female in sports were considered dominant by which they dishearted from their sports participation.

Most of the respondents perceived sports against the prevailing norms and traditions of their culture; neither have they considered sports as a fruitful tool for any culture. Majority of the athletes opined that mixed-gender play and play without veil are against the cultural values.

It is also concluded that unawareness of female in religious perspective and insufficient knowledge among religious scholar create hurdle in the way of sports participation. Hence, the researcher recommended that proper arrangement may be ensured to aware the masses and religious scholars regarding Islamic teachings in connection to sports participation. In this regard, the religious eminent scholars can do the job by telling Ahadiths through which they can teach them accordingly.

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