

ASSESSMENT OF THE PREVAILING BARRIERS IN PROMOTING PHYSICAL ACTIVITIES AMONG THE INTER LEVEL COLLEGE STUDENTS OF DISTRICT PESHAWAR

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ABSTRACT

Participation of college students in physical activities is necessary for their mental, developmental and academic growth. Understanding of the significance and guidance provided by mentor play a key role in promotion of students' participation in physical activities. Nevertheless, there are several factors which offer hindrances to active involvement of college students in physical activities. In this study, we investigated the prevailing barriers in participation of college students of district Peshawar (n = 400) in physical activities. Respondents were selected from all the Government colleges of District Peshawar (male and female). Results indicated that there were significant effect of the barriers regarding lack of facilities, playgrounds, sports gears, lack of parental and student's interest in their participation in sports in colleges. Based on students' responses, the most prevalent barriers in promoting physical activities at college level were busy study schedule (86 %), lack of parental and social interest (84 %), parental preference of academic achievements over physical activities (82%) and negligence of sports activities in college time table (79 %).

Keywords: Health, physical activities, social and parental attitude, sports, barriers

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INTRODUCTION

Participation of students in physical activity is concerned with great importance regarding their physical, psychological and academic improvement (Kilpatric, et al., 2005). Physical activities refer to all those outdoor and indoor sports and games which are performed in the field or in courts involving mental and physical coordination in its execution. Games like Football; Volleyball, Hockey, Cricket, Walking, Camping, & Scouting etc. are included in the category of physical activities. These are vitally needed for the sound grooming of the students in the same way as the biological needs i.e. water, food, and air. In many studies, positive correlation between physical activities and health improvement has been observed. Lowry, et al. (2000) states that exercise and engagements in physical activities significantly reduces obesity and the risk of heart disease. Nguyen-Michel et al. (2006) argue that anxiety, depression and various psychological disorders can be effectively controlled by physical activities. McArthur & Raedeke (2009) suggest that physical activities have healthy effects on hypertension, type 2 diabetes and different cancers. Taliaferro et al. (2008) reveals that suicidal tendency among adolescent may be effectively reduced by stimulating them to participate in different physical activities.

In the changing dynamics of the current century and prevalent social conditions, in our province, its emphasis and important cannot be overlooked. Thus it is imperative to study and research the topic critically to grasp the essence of its advantages and contribution towards the overall development of the students and their reluctance to undertake the physical expeditions with keen and interest. Some of the schools and colleges in the rural areas of Khyber Pakhtunkhwa do not provide physical facilities like sports gears, playground facilities and other. Sufficient motivation is also not provided to the students which hampers their engagement in games. Such barriers are responsible for the delaying trend of participation in sports and games. Furthermore our society and culture are male dominated and gender biased. Girls are marginalized in every

aspects of life including games competitions and sports events. They face domestic restraints and constraints. Therefore, this study was conducted with the objectives of highlighting the most prominent barriers in promoting physical activities among inter college students.

RESEARCH METHODOLOGY

The present study was conducted during 2016. Quantitative research technique was followed for data collection from the target population. The purpose of this technique is to determine, investigate, and generate results and theories that are generalizable. Therefore the results of quantitative research present the greatest probability in implication in setting. One of the real advantages of quantitative method is their ability to use smaller group of people to make inferences about large group that would be prohibitively expensive to study (Holton & Burnett 1997). Male and female colleges of district Peshawar were the target sites. Inter level students of all four major faculties i.e., Premedical, Pre-Engineering, Arts and Humanities and Computer science participated in the survey. Descriptive research method was followed in order to achieve the objectives of the study. Questionnaires were prepared in English and Urdu. There were at least 25 twenty five questions in each questionnaire prepared for students asking about the prevailing factors negatively affecting the students' participation in physical activities. Questionnaires were prepared in easy language.

Sample Size and Sampling

Using standard sample determination table of Krejcie and Morgan, 400 students were selected as sample size (Table 1). Stratified sampling technique has been used. To select proper number of students from each college, proportional allocation method has been used as $(n_i = n \cdot N_i/N)$. Questionnaires were distributed among students and they were asked to tick the relevant column. After collection of data, appropriate statistical test (Chi Square) was used to analyze data. Computer software SPSS 16 was used in data analysis.

Table 1. Sampled colleges and respondents details ($n = 400$)

| S no | College Name | Number of students |
|------|--|--------------------|
| 1. | Government College Peshawar | 106 |
| 2. | Government Superior Science College Peshawar | 39 |
| 3. | Government Degree College Mathra | 29 |
| 4. | Government Degree College Wadpaga | 16 |
| 5. | Government Degree College Hayat Abad | 39 |
| 6. | Government Degree College Badaber | 22 |
| 7. | Government Degree College Naguman | 27 |
| 8. | Government Degree College ChagharMatti | --- |
| 9. | Government Girls Degree College Mathra | 10 |
| 10. | Government Girls Degree College Hayat Abad | 11 |
| 11. | Government Girls Degree College ChagharMatti | 07 |
| 12. | Government Girls Degree College GulshanRahman Colony | 12 |
| 13. | Government Girls Bacha Khan Degree College Peshawar | 18 |
| 14. | Government City Girls Degree College Peshawar | 23 |
| 15. | Government Girls Degree College Zaryab Colony. | 08 |
| 16. | Government Frontier Girls College for women Peshawar | 33 |
| | Total | 400 |

FINDINGS AND DISCUSSION

The aim of this study was to know the prevailing barriers in college level physical activities of district Peshawar. Results demonstrated that there were significant effects of the barriers regarding lack of facilities, playgrounds, sports gears, lack of parental and student's interest in their participation in sports in colleges. Data presented in Table 2 shows that there were significant variation among respondents for their views regarding the barriers pertaining to collegestudents' physical activities. Data revealed the following findings:

- 48 % of the students were strongly disagree , 7 % disagree, 7 % neutral, 24% agree and 14 % were strongly agree that Government is providing sufficient facilities to educational institutions for promoting sport activities.

- 56 % of the students were strongly disagree, 7 % disagree, 17 % neutral, 13 % agree and 7 % were strongly agree that there are playground facilities in the college.
- 40 % of the students were strongly disagree, 19% disagree, 4% neutral, 23% agree and 14 % were strongly agree that sports gears are available in the college.

Table 2.Students’ responses regarding the prevalent barriers in physical activities

| Barriers | Respondents’ views (%); n = 400 | | | | |
|--------------------------------------|--|---------------------|-----------------------|------------------------|---------------------------------|
| | <i>Strongly agree</i> | <i>Agree</i> | <i>Neutral</i> | <i>Disagree</i> | <i>Strongly disagree</i> |
| Government’s provision of facilities | 14 | 24 | 7 | 7 | 48 |
| Availability of playgrounds | 7 | 13 | 17 | 7 | 56 |
| Availability of sports gear | 14 | 23 | 4 | 19 | 40 |
| Parent’s attitude | 2 | 1 | 2 | 13 | 82 |
| Students’ interest | 4 | 7 | 12 | 20 | 57 |
| Availability of sports coaches | 6 | 14 | 4 | 10 | 66 |
| College administration’s interest | 10 | 22 | 9 | 11 | 48 |
| Cultural/religious restrictions | 2 | 8 | 8 | 18 | 64 |
| Place in college syllabus | 3 | 13 | 14 | 10 | 60 |
| College timetable | 2 | 2 | 2 | 15 | 79 |

| | | | | | |
|------------------------------------|---|----|----|-----|----|
| Bookish study | 2 | 7 | 15 | 28 | 49 |
| Gender influence | 1 | 4 | 8 | 15 | 72 |
| Busy study schedule | 1 | 3 | 7 | 3 | 86 |
| Lack of awareness | 1 | 8 | 3 | 39 | 49 |
| Computer based recreations | 1 | 3 | 4 | 16 | 77 |
| Weak approach to physical activity | 1 | 3 | 17 | 33 | 46 |
| DPE's interest | 2 | 16 | 7 | 10 | 65 |
| Parental and social interest | 2 | 5 | 9 | --- | 84 |
| Fear of injury | 1 | 4 | 3 | 39 | 53 |

- 82 % of the students were strongly agree, 13 % agree, 2% neutral, 1% disagree, and 2% were strongly disagree that parents of the students are focus on academic achievements only.
- 57 % of the students were strongly agree, 20% agree, 12% neutral, 7% disagree 4% of the students were strongly disagree that students interest also count for lesser physical activities.
- 66 % of the students were strongly disagree, 10% disagree, 4% neutral, 14% agree, and 6 & were strongly agree that there are sports coaches/ trainers available in the colleges.
- 48 % of the students were strongly disagree , 11 % disagree, 9% neutral, 22 % agree and 10 % were strongly agree that administration of the college takes interest in promotion of sports.
- 64 % of the students were strongly agree, 18 % agree, 8% neutral, 8 % disagree, and 2 % were strongly disagree that

cultural and religious restrictions also count for lesser physical activities.

- 60 % of the students were strongly agree, 10 % agree, 14 % neutral, 13 % disagree and 3 % were strongly disagree that lack of provision for physical activities in college syllabus.
- 79 % of the students were strongly agree , 15 % agree, 2 % neutral, 2 % disagree, and 2 % were strongly disagree that there is not enough time for physical activities in college time table.
- 49 % of the students were strongly agree , 28 % agree, 15% neutral, 7 % disagree, and 2 % strongly disagree that bookish study at college level is the cause of lesser participation in sports.
- 72 % of the students were strongly agree, 15 % agree, 8 % neutral, 4% disagree, and 1 % were strongly disagree that gender influence restrict female participation in sports.
- 86 % of the students were strongly agree , 10% agree, 3% neutral, 1% disagree, that tough and busy study schedule disturb the students participation in sports.
- 49 % of the students were strongly agree, 39 % agree, 3% neutral, 8 % disagree and 1 % strongly disagree that lack of awareness about physical activities is also cause for lesser participation.
- 77 % of the students were strongly disagree, 16 % agree, 4% neutral, 3 % disagree and 1% strongly disagree that there is plenty computer based recreation for students now a days.
- 46 % of the students were strongly agree, 33% agree, 17% neutral , 3% disagree, 1% strongly disagree that general approach towards physical activities are very week.
- 65% of the students were strongly agree , 10 % agree, 7% neutral, 16% disagree, and 2% were strongly disagree that DPE interest also cause for lesser participation in physical activities.

- 84% of the students were strongly agree, 9% agree, 5% neutral, and 2% were disagree that lack of parental and social interest also a cause for lesser participation in sports.
- 53 % of the students were strongly agree , 39% agree, 3 % neutral, 4% disagree, 1% strongly disagree that students do not take part in physical activities due to lack of confidence.
- 58 % of the students were strongly agree, 18 % agree, 12% neutral, 7% disagree, and 5% were strongly disagree that students do not take part in sports due to fear of injury.

Participation in physical activities for youth in general and for students in particular are very important because they are positively correlated with good physical health, psychological wellbeing, and academic progress. In many studies such as those reported by Lowry et al. (2000), Nguyen-Michel et al. (2006), McArthur & Raedeke (2009) and Samir et al. (2011) it has been documented that active participation of students and youth in physical activities reduces the risk of heart attacks, obesity, depression, various cancers and type II diabetes. Moreover, engagement in sports and other physical exercises of students tend to contribute to their academic achievements. Thus it is necessary to provide all necessary infrastructure, facilities and counseling about the importance of physical activities and their effect on mental, physical, emotional and academic states of students. Several factors influence the active participation of students at college level in physical activities. As highlighted in our study, barriers in promotion of students' participation in physical activities at inter college level of Peshawar were diverse; however, major hindrances based on respondents' opinion expressed in percentage were busy study schedule (86 %), lack of parental and social interest (84 %), parental preference of academic achievements over physical activities (82%) and negligence of sports activities in college time table (79 %). Possible causes of these barriers are lack of awareness in parents, students and society about the significance of physical activities. Similarly, the government is not giving priority to this important component of education possibly due to lack of availability of funds. In general, our findings are in close agreement with those documented by Dorovoloma and Hammond (2005), Daskapantuzu and Eker (2006),

Sajwani et al. (2009), Chavilton et al (2010), Mahmood et al. (2012), Almas et al. (2013) and Nasim et al. (2014).

CONCLUSION

Our study concludes that major barriers in promoting participation of inter level students of district Peshawar in physical activity are busy study schedule, lack of parental interest, negligence of sport activities in syllabus and college time table, gender influence, computer based recreations and governmental hurdles etc.

RECOMMENDATIONS

Based on the findings of this study, it is recommended that tough and busy study schedule be avoided in college. Proper curriculum of physical activities may be introduced at primary level to provide a solid base to the students at college level. Interest of Director Physical Education (DPE) in sports has a great effect on sport activities, therefore he may be motivated and incentives should be given for good performance during sport competitions. The Government should allocate proper funds keeping in view the strength of the students in annual departmental program for each college regarding physical activities. There may be some incentives like issuing a kit and certificate of participation to the students should be granted for motivational purpose.

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