

# ATTITUDES FACED BY PROFESSIONAL AND STUDENT WOMEN ATHLETES UPON THEIR PARTICIPATION IN SPORTS

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## Abstract

*Background: The study was conducted to explore the relationship between attitudes related to gender script, threaten/harassed, getups, male interaction, and jealousy, and sports participation of professional and student women athletes. The present research was quantitative approach in nature. The response rate from 247 respondents including 120 professional sports women and 127 female student athletes (GC University Faisalabad) was noted beyond 300 sample size. For the purpose of data collection, structured survey questionnaire was developed. Descriptive statistics, Pearson's correlation analysis, and multiple regression analysis statistical approaches through SPSS-25 were applied to edit and further analyze the collected data. The findings revealed that attitudes (gender script, threaten/harassed, getups, male interaction, and jealousy) faced by women athletes had significant relationship with sports participation. Results indicated that gender script, threaten/harassed, getups, male interaction, and jealousy had significant effect on sports participation of professional and student women athletes in determining women's status in society. It was concluded that sports women are threatened/harassed with other ground realities such as gender script and dominance, getups, male interaction, and jealousy in the way of their participation in sports. There is a need of campaign in Pakistani society for the equal rights of women in sports. Female*

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*coaches should also be hired to lead the sports women because they feel easy with them and it will reduce women's exploitation and hesitation and expand the participation in sports in future.*

**Key Words:** Community, Effectiveness, Effective School, Factors, Parents, Relationship

### **Introduction**

Sports are probably as old as the existence of mankind. Sports have been a helpful method to increase the superiority of nature and the environment. Sports or games exceptionally combine the attributes which are found in any other social institution with unique appeal in every society. Sports also play an important part in international relations and national development in many societies (Pfister, 2006).

Sports are generally considered one of the masculine domains. That is why women in sports are ignored by most stakeholders in Pakistan. Very few women competed in sports in Pakistan. All the social and cultural components ceased females to take an interest in the field of games/sports (Shah, 2010). We cannot block the significance of anchoring women in the educational world as they perform a special basic part in the progress of mankind (Tong, 1989). They are not under any condition lesser to men. They are prepared for sharing any commitment of life. Man and woman are in relation to the wheels of same carriage. Ladies in like manner have ability to share in diversions practically as they are expecting their part in various purposes for living. Apportioning games along masculine and females incline and allow women to recognize physical limits that have been put on them.

Men and women both need games and activities. Male bias is the element of Pakistani rational society and long been seen by the pages of history. It is extremely famous surrounding that the male power has never been looked vanishing consequent to the commencement of our social setup (Kishore, 2013).

Frey and Eitzen (2012) stated that teamwork in sports viewed as sex particularly, was noticeably diverse between the two genders. The creators mentioned three significant discoveries. Firstly, they found that children control their practices and games interest to fit the social standards of suitable practices

considering sexual orientation. Shilpi (2012) demonstrated that gender scripts and gender gaps in sports would be seized. In their study, they inquired the degree to which intercollegiate competitors relate to and describe sexual orientation issues. Women's support in games examined society's judgment and recognition of ladies in games and sports. It additionally demonstrates that ladies' support and involvement in games are impacted by sexual orientation generalizations.

With social reforms, customary gender base differences for females started to revolutionize. The beliefs that "young ladies do not sweat", "young ladies do not run", and "young ladies do not persuade grimy", started to be to be challenged and started to be discussed in connection with females and being ladies. Very nearly 20 years back, Hashemi started the first Women's Games in Iran (1993). The ascent of ladies playing games started amid World War I and World War II. This issue affected the academic students at the time on the grounds that the vast majority depicted ladies as second rate compared to men (Besse, & Patriarchy, 2016; Buysse, & Embser-Herbert, 2010). In any case, even though numerous individuals were against it at the time; ladies picked up the privilege to play hindrances; along these lines giving young ladies and ladies the boldness and regard to partake in an extensive variety of games and more physical games. Vicinity of females in games serves to break a ton of male-arranged and endorsed generalizations and exercises (Bem, 2013).

Social settings of Pakistani society are principally male dominant society where men and women are dexterously ladies are adroitly cut off into two separate patterns. Home and its premises boundaries define as the conceptual territory or the whole universe for woman while man can overpower the whole world outside the home. Pakistan is at the 6th place among most population countries of the world and woman comprised of more than 50 percent. Woman are considered as high ranked but are not given their right and due share which is even guaranteed by Islam and the Constitution of Pakistan so that woman can equally be engaged in the national circle of the country (Akbar & Usman, 2015).

Ladies sports complex has been built in Karachi is a landmark achievement for the advancement of woman in the field of sports in Pakistan. Now, woman have great opportunity to participate at national level in cricket, football, hockey,

volleyball, netball, handball, tennis, table tennis, gymnastics, swimming, track and field events, badminton, basketball, squash, chess, karate, taekwondo, golf, shooting, and skiing. The attitude of society always performs a main role in women issues whether it is welcoming or non-welcoming. Although the idea of modernization has risen in developing countries from very long time but mostly women face problems in this conservative society.

There are several misconceptions regarding Muslim women participating in sports (Flintoff, 2018). Women in Islam are represented as oppressed and unable to engage with society and in sports. Islam grants an equal status to women in society in all field of life. The Sahabah were very careful and conscious about rights of women, and always advised others for the same. Hazrat Abe Talib (R.A.) said that revive your brains occasionally for a drained personality gets to be visually impaired.

Islam promotes good health and fitness for both men and women and encourages both genders to build up an integrated personality and to engage in physical activities in order to maintain healthy lifestyles (Ghalam, 2017). The Prophet (S.A.W) advised his devotees to take part in various types of games which even today are considered of the best type of activity. The Prophet (S.A.W) himself participated in numerous types of games. (Shilpi, 2012). However, Islam mentioned some guidelines within which sports can be practiced by women. Islam forbids women to engage in mix gender games and maintains a dress code for them. The practice and interpretations of Islam is affected by national, cultural and racial factors. Due to religious misinterpretations and lack of awareness many Muslim women have been refused from participating in sports by their families. Thus, women have low participation rate in sports in Pakistani society due to these cultural and environmental boundaries.

It is presumed that in Pakistani society, girls and women are not capable to take part in sports and sports' field is considered purely male dominant and inappropriate for women. So, girls and women may face unique challenges at different levels (personal, economic, political and cultural) upon participation in sports (Kazim, 2017). It is, therefore, quite relevant and necessary to investigate the attitudes towards women athletes in sports.

### **Objectives of the Research**

The present research has been carried out the following objectives:

- i. To determine the relationship between attitudes faces by professional and student women athletes and their participation in sports.
- ii. To examine the effect of the attitudes faced by women athletes on their sports participation in male dominating Pakistani society.

### **Methodology**

The following methodological procedures were employed for the present research.

### **Research Design**

Standardized questionnaires were used to collect data in this research and then analyzed and presented by means of descriptive and inferential statistics. In this research design, level of significance was set at 0.05 that enabled the investigators to gather information and make inferences about possible relationship (Poppva, 2011).

### **Population and Sample Size**

Population of the study means collection of individuals that have similar characteristics of researcher's interest and from which sample is to be selected for research purpose (Burns & Grove, 2015). Total population of the research was overall women athletes of Pakistan. A sample is the representative part of whole population selected for research purpose and the subject of population (Burns & Grove, 2015). The response rate from 247 respondents including 120 professional sports women and 127 female student athletes (GC University Faisalabad) was noted beyond 300 sample size.

### **Tool of Data Collection**

Survey tool was selected to collect the survey data through administered survey questionnaire which was better fitted to the purpose of present research. The questionnaire contained relevant questions about attitudes of society and regarding problems of sports participation of women athletes.

### **Statistical Approach**

Descriptive statistics (mean, std. deviation, and percentages) and inferential analysis (Pearson's correlation analysis and multiple regression analysis) were employed to interpret and analyze the survey collected data. Based on

interpretation, the results were drawn, and statistical analysis were applied further.

## Results

### Descriptive Statistics

Demographic information has been conferred through descriptive statistics (mean, std. deviation, frequencies, and percentages). Demographic information collected from 247 respondents and then analysis. The age limit was discovered between 20-35 years in the present research. Mean age was measured 26.63 years whereas, the standard deviation was found 2.94. Total 247 students participated in the present research belonging to seven sports/games such as athletics (43), cricket (39), football (34), hockey (38), volleyball (31), basketball (37) and badminton (25).

### Pearson's Correlation Analysis

After editing the survey collected data into SPSS software, Pearson's correlation analysis was employed to determine the association between attitudes (gender script, threaten/harassed, getups, male interaction, jealousy) and sports participation of women athletes. However, the results of all the relationships of gender script, threaten/harassed, getups, male interaction, jealousy with sports participation of women athletes were presented in Table 1. Correlation analysis of Table 1 indicated that all constructs had positive and significant associations with Sports participation of women athletes. Therefore, the strength of the relationships (gender script=.511,  $p=.01$ ; threaten/harassed=.267,  $p=.01$ ; getups=.479,  $p=.01$ ; male interaction=.536,  $p=.01$ ; jealousy=.410,  $p=.01$ ) were revealed poor and medium.

**Table 1: Results of Relationship between attitudes and Sports Participation (n-247)**

		Gender Script	Threaten/ Harassed	Getups	Male Interaction	Jealousy
Sports Participation	Pearson Correlation	.511**	.267**	.479**	.536**	.410**
	Sig. (2-tailed)	.000	.000	.000	.000	.000

\*\* . Correlation is significant at the 0.01 level (2-tailed).

### Multiple Regression Analysis

Multiple regression analysis was generated to examine the effect of predictor factors (gender script, threaten/harassed, getups, male interaction, jealousy) and outcome variable (sports participation).

Table 2: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.431 <sup>a</sup>	.301	.294	2.23611	1.274

a. Predictors: (Constant), Gender Script, Threaten/Harassed, Getups, Male Interaction, Jealousy

b. Dependent Variable: Sports Participation

The results shown the value of R was .431 (Adjusted R Square=.294) a value that met the significant level with Std. Error of estimate 2.23 and Durbin-Watson 1.274 as display in Table 2. The sports participation of women athletes was positively, strongly, and significantly predicted by the gender script, threaten/harassed, getups, male interaction, jealousy constructs.

Table 3: ANOVA Results

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	321.819	5	527.819	74.623	.000 <sup>b</sup>
	Residual	954.596	241	5.131		
	Total	1276.415	246			

a. Dependent Variable: Sport Participation

b. Predictors: (Constant), Gender Script, Threaten/Harassed, Getups, Male Interaction, Jealousy

The ANOVA findings indicated the value  $F(5,241)=74.62$  and  $p=.01$ , wherein, all values were found strong and statistically significant and presented in Table 3.

The findings of coefficients in Table 4 revealed that standardized of coefficients of gender script (variance=36.6%,  $p=.01$ ), threaten/harassed (variance=25.5%,  $p=.01$ ), getups (variance=35.2%,  $p=.01$ ), male interaction (variance=26.9,  $p=.01$ ), jealousy ( $\beta=29.7\%$ ,  $p=.000$ ) were found significant variances described in Table 4.

**Table 4: Coefficients Results**

Construct	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	20.44	2.917		7.007	.000
	2				
Gender Script	.676	1.01	.366	6.382	.000
Threaten/ Harassed	.746	.079	.255	9.113	.001
Getups	.657	1.07	.352	7.834	.000
Male Interaction	.581	.096	.269	5.280	.002
Jealousy	.612	.084	.297	6.372	.000

a. Dependent Variable: Sport Participation

### Discussions

In the human generation and advancement of a country, women have a significant role. Women have a lower status in today society as compared to men because live in patriarchal culture. Islam realized the significance of women to run the system of society. If women work abreast with men in well set of moral values, then there will have a chance to avail the welfare system. The first institution of child which gives glimpse of knowledge traits is mother's lap to support the idea of Napoleon said, "Give me good mothers, I will give you a good nation".

Undoubtedly, the role of women in society is like an initiative to bright the dark. If women are well educated and equally participate in all fields of life including sports with men, society will get progress socially, politically, culturally, and economically, but women participation in Pakistan is seemed very low. So, the patriarchal system and gender script are central reasons that enhance inequality. If women are civilized, equally participated, and empowered by status, then we will never miss the boat to improve the standard



of women in society. By improving the sports women's status in every positive perspective, their participation in sports will have to increase by diminishing the attitudes that let the women participation in sports down.

While, through the process and quest of the research, it was found that most women choose sports as their personal choice and their families and relatives were highly supportive to them. They feel proud on their daughters' success in sports field. They were of the view that family support is necessary for their good performance. Results showed that sports have a positive impact on their personality and cause good health, fitness and decrease depression. They feel more confident after joining sports due to which they may face all types of situations, different attitudes of people and have much control on environmental temperament, not because of this that it is the demand of their sport field, but it is due to their emerging performances.

On the other hand, specific attitudes still exist, wherein, sports women may face due to negative perception in society about their participation in sports. Results indicated that gender script and getups play an important role in determining women's status in society and may cause of sports women's disrespect. Findings indicated that people may have negative opinions about sports women due to gender script. Males and females are equally participated in sports but not equally respected. The existing research also exposed that sports women had to face jealousy related issues and disclosing secrets existed in their professional relation. They may feel government jobs are more suitable for them due to job security and benefits.

The results of the present research are also aligned of studies of (Akbar & Usman, 2015; Bem, 2013; Besse, & Patriarchy, 2016; Buysse, & Embser-Herbert, 2010; Eitzen, 2012; Flintoff, 2018; Frey & Shilpi, 2012; Kazim, 2017; Kishore, 2013; Shah, 2010).

## **Conclusion**

The central objective of research was to examine the specific attitudes of individuals towards the women's participation in sports. Overall, the attitudes of sports women towards sports participation were positive but they may be reflected the gender prejudices in society and within the sport context specifically. Society possesses the diverse attitudes towards participation of women in sports. If specific attitudes of society decrease towards sports

participation of women, it will cause the optimal performance of women and increasement of the participation in sports. There is a need of campaign in Pakistani society for the equal rights of women in sports. On the other hand, female coaches should be hired to lead the sports women because they feel easy with them and it will reduce women's exploitation and hesitation and expand the participation in sports in future.

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