

Received 18-02-2022

Accepted 20-06-2022

## ATTITUDE TOWARDS FEMALE STUDENT PARTICIPATION IN PHYSICAL EDUCATION AND COMPETITIVE SPORTS IN DEGREE GIRLS COLLEGES

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### ABSTRACT

*Sports are generally opted either for the sake of recreation or for the competition or for achieving both the purposes at the same time. Competitive sports are played from amateur level of university competitions to the professional levels of regional, provisional, national and international competitions. The data was collected through Questionnaire that is "Attitude towards female Students participation in Physical Education and Competitive sports (ATFSPPECS)"; the sample of study is comprised of 239 subjects, Female students of Government Girls Degree Colleges Hyderabad B.Sc., B.Com, B.Cs, BA-I,II (N=180), Female Sports Directress(N=09), Parents(N=50). When laying out the plan or set of strategies for attracting girls towards taking a part in sports or physical activities regularly, what should be kept in the mind is that the problem does not lie in the gender of the participant, lesser resources and deficient training and practicing opportunities are the real problems. The activities are not constructed appropriately and are not taught in the proper way and this is one of the big problems as well.*

**Key Words:** Student Participation, physical activities, practicing opportunities, competitive sports

### INTRODUCTION

The student life is considered to be the most energetic phase of someone's life. Studies alone, is not enough for toning this energy down. If this energy is not managed and channelized in the right way, the students might end up getting involved in mental and physical health deteriorating activities. The students who play sports are better at their day to day life as well. Sports induce people with the integral characteristics like loyalty, self-respect and honesty. It would not be wrong to anticipate that sports persons are usually the best practicing citizens as well<sup>1</sup>.

Professionals at Centre for physical education, Health & sports science suggest that physical activities and sports are linked with the development of good character along with good physical health among children and youngsters. Firmly believe that taking

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part in physical activities and participating in sports helps to develop a good character and fitness among the children and youth. A sportsman gets to learn to make compromises for fostering the game while making all possible efforts to win the honor and medal. Along with that the sportsmen, be it children or adults, also learn to accept the failures gracefully with an open heart after losing a game<sup>2</sup>.

### **WOMEN WHO MADE HISTORY IN SPORTS**

In spite of facing multiple challenges, women in Pakistan are striving tirelessly to progress in the field of sports. They have already been making a mark in several sports like hockey, tennis, cricket, table tennis, cycling and in indoor games as well<sup>3</sup>. Here are some honorable mentions:

1. Pakistani mountaineer Samina Baig climbed Mount Everest in 2014 and then she climbed other seven summits of the world too. She became the first ever Pakistani woman to ever do so.
2. Another young girl Rubab Raza who is 13 years old and the youngest swimmer of the country holds the honor of representing Pakistan in Athens Olympics. She has also won multiple medals in Asian games 2004.
3. Kiran Khan has the achievement of becoming the first Pakistani woman to ever win the gold medal in South Asia swimming championship. She also has 6 gold medals in her credit which she won during several international competitions. She was also a part of Beijing Olympics held in 2008.
4. Naseem Hameed Siddiqi made everyone proud by bringing home the gold medal from the South Asian Games 2010 held at Dacca and becoming the fastest Asian woman.
5. Women Cricket Team from Pakistan proved its mettle and won gold in Asian Games 2010 and 2014.
6. Sana Mir, the former captain of Pakistan's women cricket team was ranked at the top position of ICC ranking for leading the country to win 2 gold medals in 2010 and 2014<sup>3</sup>.

Apart from Pakistan, several Muslim women from around the world have also been achieving immensely valuable awards in their relevant fields of sports.

Some of them are:

1. Turkey's Halet Cambel took part and from Turkey in the sports of fencing at Berlin Olympic Games (1936) and became the first ever Muslim woman to do so.
2. Women from Saudi Arabia participated in London Olympics (2012), Sarah Attar in 800m race and Wojdan Ali Seraj in Judo and created history.
3. Bahrain's Ruqaya Al Ghasara broke the stereotypes and participated in Athens Olympics 2004 with full hijab on. She also has a gold medal for 200 meter sprint and a bronze medal for winning 100 meter sprint at her credit. She won those medals in Asian Games held in Doha 2006.
4. Khadija Mohammed represented her country UAE in London Olympics in 2012 and she is the first ever Muslim weight lifter of the world.

5. A mountaineer from Palestine Al Houby became the first Arab woman to conquer 6 out of 7 summits of the world. She addressed the world with her ambition of reaching the highest points of the earth.
6. Nawal El Moutawakel from Morocco made history by becoming the first ever Muslim woman to grab the gold medal in 400 meter hurdle-race held at Los Angeles Olympic Games in 1984.
7. Hassiba Boulmerka is the first Algerian Muslim woman who could win gold medal in 1500m race at Barcelona Olympic Games in 1992.
8. Dr. Rania El Wani, a Muslim swimmer, had been representing Egypt for three consecutive Olympics.
9. Raha Moharrak of Saudi Arabia climbed Mount Everest on May 18, 2013 and she is the first Arab woman who scaled Mount Everest.
10. Kazakhstan's flag was seen in London Olympics 2012 because of a woman Marina Volnova.
11. Zulfiya Chinshanlo was won Kazakhstan a gold medal in weight-lifting championship at London Olympics.
12. Pakistan's Myra Lakdawala broke the record in NCAA (2017) which Sumaira Zahoor set five years ago.
13. 36 women from Egypt appeared in London Olympics 2012 and this is the largest delegation ever which comprised women only.
14. Muslim women managed to pack 18 medals in different sports during London Olympics 2012<sup>4</sup>.

### **PHYSICAL ACTIVITIES FOR IMPROVING HEALTH**

Physical activities and participating advances good physical health and also give a chance of building social relations. There are numerous reasons why people do not participate in physical activities even after knowing much about the physical advantages of the sports. The ratio of women in sports is very low and among the participating females it is observed that the number of women having domestic responsibilities is nearly equal to zero. The women from less privileged and less educated sectors are also seen not participating in such activities at all. There is no access to safe place for regular walking or cycling for women in most of the areas of Pakistan. The crowded roads and streets also leave no place for women where they can walk around. Governments do provide recreational and fitness maintaining opportunities through their recreational clubs in communities but absence of qualified trainers and lack of creative and engaging activities result in lesser women participating in games and sports and the higher number of deprived women belongs to poor sector of the society.

Educational settings especially school premises play a vital role in encouraging students to participate in sports. Girls who play sports develop important life skills such as teamwork, leadership and confidence<sup>6</sup>.

Researches also show that male members of the family get more financial and emotional support than the female members and also financially stable families tend to show more support than less privileged families<sup>7</sup>.

Girls who participate in sports not only stay physically active but also score better in

academic exams than the in-active girls<sup>8</sup>.

There is another factor which plays a major role in stopping girls from participating in physical activities and that factor is the myth that is going on from ages. According to this myth it is not good for a girl's body to play sports<sup>9</sup>.

Even after getting modern, educated and advance, these myths and assumptions are still a part of people's minds and society and women still face the same issues as the old women faced<sup>23</sup>. Sports can also help women in gaining higher leadership posts<sup>10</sup>.

Muslim women face way more socio cultural constrains than women of any other religious sector. People still believe that they are not allowed to go on the field and play<sup>11</sup>.

The evidences show a strong relation between sports and good academic performance among girls so it is clear that sports performance help to increase good academic record<sup>12</sup>.

Numerous studies for looking deeper into problems which females face while pursuing sports have been conducted and limited time, lack of skills, over-crowded public places, long distances, no companion and less monetary resources cause women to have very opportunities<sup>13</sup>.

Apart from these, the high amount of money needed, safety related issues, fear of getting assaulted on the bases of gender or race also halts women in participating in recreationalactivities<sup>14</sup>.

Whatsoever, even after all the efforts only 10% of Iranian women get to participate in recreational and competitive sports<sup>15</sup>.

### **ROLE OF SCHOOLS IN MAKING THE GIRLS PARTICIPATE IN SPORTS**

School is a place where educational and behavioral bases are formed and the love for sports and physical activities should also be induced in girls in the school during young age. Active girls are seen more inclined towards the physical education and sluggish ones tend to show least interest in physical education<sup>16</sup>. The playing areas at schools are usually occupied by the boys that results in leaving no space for the girls. Girls usually feel reluctant in exercising in front of boys and this lack of confidence only gets worse with the time and girls end up in not participating in sports at all<sup>17</sup>

### **OBJECTIVES**

1. To determine the facilities and platform that can be provided where Female college student can participate comfortably.
2. To examine socio-cultural restrains for Female students to participate in sports.
3. To determine the reasons and lack of interest in conducting sports competitions and providing training to Female students in colleges by sports Directress, trainers and officials.

### **HYPOTHESES**

1. Lack of Female student participation is due to inadequate facilities and platform provided by Degree Colleges where they can participate in sports comfortably.

2. Socio-Cultural values, restrain Female students to participate in sports.
3. Insufficient training and interest of Sports Directress, trainers and officials in conducting sports competitions leads to less participation of Female students in sports.

## **METHODOLOGY**

### **Sample of Study**

The study population is comprised of Female students, Sports Directress/ Official and trainers of Girls Degree Colleges and parents of Hyderabad city.

1. Randomly selected Female Students of Girls Degree Colleges, class B.Sc. B.Cs. B.Com. BA-I, II = 180
  2. Directress Sports/ Officials or trainers form Government Girls colleges =09
  3. Parents randomly selected = 50
- Total number of subjects =239

### **Limitation**

The present study is limited to Government Girls Degree Colleges of Hyderabad city of all Talukas, towns i-e Qasimabad, Latifabad and Hyderabad city.

### **Data Collection Tools**

Data was collected through Questionnaire that is “Attitude towards Female Students participation in Physical Education and Competitive sports (ATFSPPECS)” which consists of 50 statements for Female students, Directress sports and parents. The data collected from nine girls Degree Colleges of Hyderabad, The Questionnaire was self-administered and distributed in 5 sub categories to 3 groups of subjects (female students, sports directress and parents). The categories are:

- A. Lack of female student participation is due to inadequate facilities and platform provided by Degree Colleges where they can participate in sports comfortably.
- B. Socio-Cultural values restrain female students to participate in sports.
- C. Insufficient training and interest of Sports Directress, trainers and officials in conducting sports competitions leads to less participation of female student`s in sports.
- D. Reasons of participation in sports.
- E. Reasons of not participating in sports.

### **Statistical Data Analysis**

After collecting data, simple descriptive statistics were applied such as mean, standard deviation, frequency measurement; measurement of t-tailed test, measurement of Cronbach's Alpha reliability test, measurement of percentage with their respective bar charts, and it was analyzed through SPSS (Statistical Package for Social Sciences) version 22 has been applied

## **RESULTS**

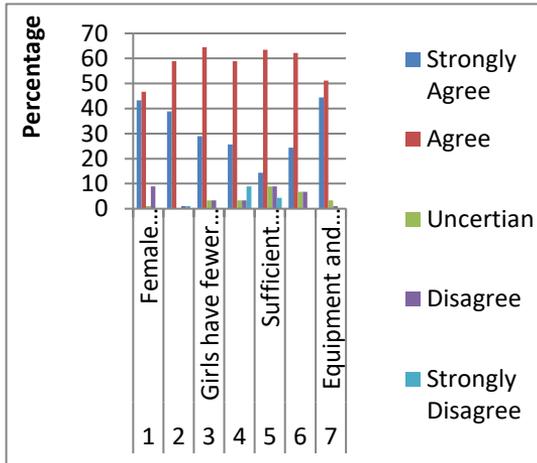
Attitude towards Female Student Participation in Physical Education and Competitive Sports Questionnaire, Female students of class B.Sc., B.Com, B.Cs, BA-I

**Table-1: A. Lack of Female student participation is due to inadequate facilities and platform provided by Degree Colleges where they can participate in sports comfortably. % N=90**

Sr. No.	Statement	SA	A	UN	DA	SD	Mean	Std. Deviation
1	Female student's less participation in sports is due to lack of government funds and supports in educational institutions	43.3	46.7	1.1	8.9	0	1.844	1.110
2	Government should facilitate Female students with separate sports platform	38.9	58.9	0	1.1	1.1	1.666	0.653
3	Girls have fewer opportunities to play as compare to boys.	28.9	64.5	3.3	3.3	0	1.844	0.777
4	Most of the Female college students can't afford private sports programs and depend upon opportunities within college.	25.6	58.9	3.3	3.3	8.9	2.111	1.106
5	Sufficient materials are not available in college to play.	14.4	63.4	8.9	8.9	4.4	2.255	0.966
6	The availability of quality, trained coaches may be lacking.	24.4	62.2	6.7	6.7	0	2.022	0.959
7	Equipment and kits aren't funded for many Female sports competition at the same levels as boys.	44.4	51.2	3.3	1.1	0	1.622	0.663

Source: self-survey 2018-2019

**Figure-1: A. Lack of Female student participation is due to inadequate facilities and platform provided by Degree Colleges where they can participate in sports comfortably.**



**Table-2: Lack of Female student participation is due to inadequate facilities and platform provided by Degree Colleges where they can participate in sports comfortably.**

Statement	Class	N	Mean	Std. D	2-tailed
1. Female student's less participation in sports is due to lack of government funds and supports in educational institutions	B.Sc., B.Com, B.Cs, BA-I	90	1.744	0.842	0.496
	B.Sc., B.Com, B.Cs, BA-II	90	1.844	1.110	
2. Government should facilitate Female students with separate sports platform	B.Com, B.Cs, BA-I	90	1.622	0.918	0.864
	B.Sc., B.Com, B.Cs, BA-II	90	1.666	0.653	
3. Girls have fewer opportunities to play as compare to boys have.	B.Com, B.Cs, BA-I	90	1.677	0.832	0.167
	B.Sc., B.Com, B.Cs, BA-II	90	1.844	0.777	

4. Most of the Female college students can't afford private sports programs and depend upon opportunities within college.	B.Sc., B.Com, B.Cs, BA-I	90	2.277	1.081	0.308
	B.Sc., B.Com, B.Cs, BA-II	90	2.111	1.106	
Cronbach's Alpha		No. of Items			
0.992		50			
5. Sufficient materials are not available in college to play.	B.Sc., B.Com, B.Cs, BA-I	90	2.400	1.388	0.419
	B.Sc., B.Com, B.Cs, BA-II	90	2.255	0.966	
6. The availability of quality, trained coaches may be lacking.	B.Com, B.Cs, BA-I	90	2.322	1.364	0.090
	B.Sc., B.Com, B.Cs, BA-II	90	2.022	0.959	
7. Equipment and kits aren't funded for many Female sports competition at the same levels as boys.	B.Sc., B.Com, B.Cs, BA-I	90	1.900	1.049	0.035
	B.Sc., B.Com, B.Cs, BA-II	90	1.622	0.663	

Cronbach Alpha Reliability test of 180 Students to verify internal reliability

## CONCLUSION

The conclusion drawn from present study is that the Female Students who do not participate in sports activities is because taking degree for them was more important than physical activity, as they were less aware about health related benefits of sports, the girls who wanted to play but certain constraints regarding play are fear of injury, family restrictions, societal discouragement, fear of assault, beauty consciousness like getting tanned during outdoor games

. Those who participated in sport did so for the prospect of financial support and fame, recreation and relaxation. Government support may lack in educational institutes they may not properly funded or monitored, there are not appropriate recreational and competitive sports opportunities provided in educational institutes, or limited choices of game. While on other hand inability to purchase expensive sports material, unavailability of well- trained quality Female coaches, long distance to activity area, no safe option to travel miles for sports, unavailability of separate sports platform,

insufficient sports material in colleges, college peers discourage girls to take part in sports, parental attitude for girls to not play outside, Colleges may not offer enough credit hours to play regularly, societal values that discourage girls to take part in sports, female students felt to be odds as being called sporty in society. Many girls around Hyderabad city are still currently not able to take advantage of regular sports and physical activities due to inadequate access and opportunities in Public educational institutes.

### **RECOMMENDATION:**

If we want the girls to participate and the stick to the participation on long terms then it is necessary that the sports are conducted keeping the social norms under consideration. While designing the sports gear or conducting the mixed gender games, religious and social guidelines must be followed and that will make the sports a comfortable activity for girls and they will start participating regularly without the fear of getting opposition from friends and family.

There must be female trainers and coaches. Higher positions in sports organizations must also be shared with the women by appointing them for handling the key services. This will help the girls to have some role models to look up and this will also give them a desire of working hard for getting to the top by developing skills and participating regularly.

There is still more room of research that would include variant experiences and hurdles which girls face in developed and underdeveloped countries and the factors which affect their participation in sports.

More opportunities mean more female participants. Strategies for introducing more activities, efforts for the provision of enough resources and accessible and safe gymnasiums and training centers should be taken in place and only by these strategies and efforts the women sports can be revived.

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