

Successful Implications of Leading Females in Sports to Improve their Health and Well-Being Through Sports Participation in Pakistani Society

Dr. Abida Naseer¹, Dr. Abd Rahim Mohd Shariff², Dr. Saeed Javed³

Abstract

The purpose of the present research was to examine the relationship of successful implication with the health and well-being of female athletes and the effect of successful implication on the health and well-being of female athletes through their sports participation. A cross-sectional design was used for the existing study. All successful female athletes of secondary education institutions in Pakistan were declared as the population. Therefore, the sample size was 360 successful female athletes. The samples were chosen through simple random sampling and convenience sampling approaches. The survey questionnaire was applied to collect the desired information as a tool for data collection. Results revealed that social support and social culture had a medium, positive, and significant association with the health of successful female athletes. Findings mentioned that social support and social culture revealed a medium and positive association with the well-being of successful female athletes and were found significant. In models 1 and 2 of multiple regression analysis, the results revealed that predicting constructs had a great variance in the health and well-being of successful female athletes. It was concluded that the parents would play a vital role in the sports participation of female athletes to improve their standard health and well-being.

Keywords: Health; Well-Being; Social Support; Social Culture; Athlete; Sports Participation

Introduction

In Islamic countries due to cultural and religious principles and customs, females never appreciated to perform sports (Christensen, 2013). Therefore, in the second epoch of the 21st century, it is progressively accepted and appreciated to females to participate in sports (Bruce, 2012). Elementary education age is an era in which children develop physically fast because they are durable and spirited in their school age (Eraslan, 2015). Sports were introduced with the existence of Pakistan in educational institutions comprising of gymnastics, intramural, and inter-scholastic sports.

^{1&3} Department of Physical Education & Sports Sciences, Government College University Faisalabad, Pakistan. abida.phd786@gmail.com, & drsaeedjaved@gcuf.edu.pk

² Faculty of Sports Science and Coaching, Universiti Pendidikan Sultan Idris, Tanjong Malim, Malaysia. abd.rahim@fsskj.upsi.edu.my

Sports Participation

The opportunities to participate in collegiate sports have opened new horizons for females (Christensen, 2013). This upholds that if females are involved more to sports as beginning phase or children learn the basic skills for sports, at that time consistent sports participation can be occurred (Dawson & Downward, 2009). Various associations and organizations were established and initiated in the early 1900s to raise awareness and opportunity for females' sports in educational settings (Christensen, 2013).

Female athletes participating at the interscholastic and intercollegiate stages have made excessive progresses (Knight & Giuliano, 2001). The changeover from elementary to secondary education specific to this career phase is that once brilliant athletes come into an elite sport or elite school sport (Bon, 2011). The involvements the girls make through sports participation during their teenage are that they must rise their health (Tebelius, 2001).

Female health is as important as male. Participation in sports not only promotes the health but also enables humans to work efficiently. Health advantages for women stay equivalent toward the advantages for males obtain from sport events. Sport events influence absolutely on health and efficiency through encouraging school girls toward further stable their lives. Sport also relieves physical and mental stress as well (Al-Qattan, 2005). Furthermore, Participation in sports has a lot of advantages for females containing developed health, better confidence, and admiration from peers.

Sport training can develop athletes' circulatory possibility shape, enable weight control, make stronger bones, improve psychosocial wellbeing, expand motor performance abilities, and provide athletes' resistance against sports-related injuries. The systolic blood pressure rises straight related to the growth on the cardiac balance (Monteiro & Filho, 2004).

Success through Social Support

The literature shows that social support factors are the vital factors influencing successful female athletes' sports participation at educational institutions. On many occasions, physical activity has continuously been portion of distinct and social lifecycle of human beings. It performs a countless character between family relations and social activities (Talebzadeha & Jafari, 2012). Schoolboys' enhanced connectedness toward their school, however, schoolgirls enhanced mostly connectedness toward their associates as well as peers. Furthermore, amongst teenagers both girls and boys, numerically major gender modifications were established on connectedness towards parents, siblings, school, peers, sports teachers (Karcher & Sass, 2010).

Many Muslim countries provide a positive social support to their female athletes in their sports participation at national and international level. One approach, engaged by Qatar administrators to upsurge females' sports levels, is pointing out those females who participate in the Arab Games and the Olympics as role models and obviously highlighting them in the local sport media to hearten females and girls to involve in consistent sports (Dun, 2016).

However, only parents or the foremost caretakers have been inquired to define their family quality of life in the improvement of life perception (Moysen & Roeyers, 2012). A lot of opportunities available for young females to improve an understanding of social relationships with family associates who may be close and affectionate at the time (Howe & Recchia, 2014).

Parents are usually interested in involving their teenagers in sport training from a very beginning of their age and developing to extent their complete potential. Parents conducting sports events should support the female athletes to perform creditably in their involvement in sport (Knight, Neely, & Holt, 2011).

Success through Cultural Support

The literature review illustrates that cultural factors are also a major contribution in the way to successful female athletes' sports participation. The culture is one of the factors in which the dynamics consideration of the culture is significant for those who are formulating educational strategies and schemes might therefore vary through cultural perspectives (Sindik, Mandic, Schiefler, & Kondric, 2013). The social prospects characteristic in supreme sports deliver opportunities for people to improve social relationships and to impression that they are portion of a crowd (Allen, 2003). Moreover, the importance of sports participation deceptions in what it can ensure for their social associations and what it declares about them as entities. Sport with education together is source of success and a social dominion (Allen, 2003).

Socio-economic issues may ensure an influence on sports participation (Breuer, Hallmann, Wicker, & Feiler, 2010). Financial interferences appear mostly favorable the people having low earnings, subsequently pricing plans might decrease financial obstacles to participate in sports events (Steenhuis, Nooy, Moes, & Schuit, 2009). In addition to, parents known as important foundation of children, perform a dominant part in forming and sponsoring the participation of their youngsters during playing sports. The standard of sports of youngsters may be measured with socio-economic status of parents and family accordingly (Feizabadi, Hashemi, Hojjati, & Nikravan, 2013).

Participation in sports increases through income; however, time consumed in sports decays through income (Humphreys & Ruseski, 2006). For instance, males usually expended more money on sports compare to females. Education,

family mass, energetic sports participation and approach concerning sporting goods are originated to affect the extent of money consumed on sports kit (Scheerder & Vos, 2010). While, inactive adults also appear to buying some sporting gears because sport expenses are linked with a developed level of sports participation.

Sports females spend their lives into two particularly different cultures; one is the sporting culture and on the other hand larger culture and they have to handle the repetitive clash among as an athlete and as a female (Trolan, 2013). Females' sports, controlled by and for females, are supported by a females-concerned atmosphere in which females' progress is encouraged and achievement is extended.

Objectives of the Research

The present research suggested the following objectives to attain the particular purposes:

- i. To determine the extent of Pakistani female athletes to participation needed to be successful in sports.
- ii. To examine the association of social support with improvement of health and well-being through sports participation of successful female athletes.
- iii. To examine the association of social culture with improvement of health and well-being through sports participation of successful female athletes.
- iv. To examine the effect of social culture and social culture on improvement of health through sports participation of successful female athletes.
- v. To examine the effect of social culture and social culture on improvement well-being through sports participation of successful female athletes.

Hypotheses of the Research

For the existing research, the following hypotheses were generated:

Ha1: There is significant relationship of social support with improvement of health and well-being through sports participation of successful female athletes.

Ha2: There is significant relationship of social culture with improvement of health and well-being through sports participation of successful female athletes.

Ha3: There is significant effect of social culture and social culture on improvement of health through sports participation of successful female athletes.

Ha4: There is significant effect of social culture and social culture on improvement well-being through sports participation of successful female athletes.

Methods and Materials

The present research based on quantitative method. Cross-sectional design was

used for the existing study. All successful female athletes of secondary education institutions of Pakistan were declared as the population. Therefore, the sample size was of 360 successful female athletes chosen randomly and conveniently. Survey questionnaire was applied to collect the requisite data as a tool of data collection.

Female athletes were approached after getting contact details from their educational institutions. Few questionnaires were filled through courier to female athletes on their postal addresses, whereas, others were filled in person by the researchers. The response rate was 77% (278). After the completion of data collection, the data was put into SPSS-26 for analysis. Descriptive statistics in the form of frequencies, percentages, mean, std. deviation and inferential analysis (Pearson Correlation and Multiple Regression Analysis) were revealed to analysis and achieve the desired results from gathered survey information.

Findings

The gathered data was thus analyzed through the following statistical approaches:

The age of female athletes was ranged from 13 to 18 years. The mean age was measured 16.34 years, whereas, SD calculated 1.090.

Pearson correlation coefficient was applied to examine the relationships of social support and social culture with health of successful female athletes and results are displayed in Table 1. Results revealed that social support had a significant association ($r = .48$, $p < .001$) with health of successful female athletes. Therefore, the association was established medium and positive. On the other hand, social culture carried a positive and significant relationship ($r = .42$, $p < .001$) with health of successful female athletes. Therefore, the association was declared medium.

Table 1: *Correlations 1 (n-278)*

Variables	Social Support	Social Culture
Social Support	—	
Social Culture	.608** (.000)	—
Health of Successful Female Athletes	.477** (.000)	.420** (.000)

The findings of Table 2 revealed that social support revealed medium and positive association ($r = .44$, $p < .01$) with improvement of well-being of

successful female athletes and found significant. On the other hand, social culture had positive, medium and significant relationship ($r = .40, p < .01$) with improvement of well-being of successful female athletes.

Variables	Social Support	Social Culture
Social Support	—	
Social Culture	.632** (.000)	—
Well-Being of Successful Female Athletes	.436** (.000)	.395** (.000)

The multiple regression analysis was utilized to draw two regression models to examine the variance of exogenous factors in health and well-being of successful female athletes (outcome variables). Two different models were created for the present research through health and well-being of successful female athletes (outcome variables) using multiple regression analysis to test the hypothesis 3 and 4.

For model 1, multiple regression analysis as a statistical approach was applied to examine the variance of predicting factors (social support and social culture) in outcome variable (health of successful female athletes). The findings of coefficients revealed that standardized coefficients of social support were found ($\beta=.356, t(10.211), p=.01$; and social culture ($\beta=.463, t(10.776), p=.02$) on the health of successful female athletes. All β, t and p values of exogenous constructs revealed highly significance in outcome variable.

Table 3. Coefficients 1

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	-32.527	1.375		-14.842	.000		
Social Support	.323	.037	.356	10.211	.000	.322	2.247
Social Culture	.504	.049	.463	10.776	.020	.284	3.040

a. Dependent Variable: Health of Successful Female Athletes

For model 2, multiple regression analysis was also utilized to examine the variance of predicting factors in the well-being of successful female athletes (endogenous variable). The findings of coefficients measured that standardized coefficients of social support were ($\beta = .389, t(5.524), p = .001$; and social culture ($\beta = .425, t(7.329), p = .001$) on the well-being of successful female athletes. All $\beta, t, \text{ and } p$ values of exogenous constructs confirmed highly significance in outcome variable.

Table 4: *Coefficients 2*

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	4.116	1.249		6.237	.000		
Social Support	.317	.206	.389	5.524	.000	.335	2.449
Social Culture	.295	.280	.425	7.329	.000	.386	2.484

a. Dependent Variable: Well-being of Successful Female Athletes

Discussions

This approach must have to be changed if parents are thoughtful to improve the health of their girls through participation in sports. Casey et al., (2014) concluded that professional improvement in opportunities (trainings, financial resources, and chances to work with sports instructors) reinforced females putting them into practice and commitment with the sports.

Financial support is extensively necessary for the successful female athletes to utilize them in skillful and practical sports sessions. Successful performance in sports is one where female athletes authenticate their determinations through sports participation in an optimistic way having reasonable budget (Prins, Oenema, Horst, & Brug, 2009).

The findings of present research revealed that two models of multiple regressions analysis were produced to examine the effect of social support factor and social cultural factor as predicting factors individually with health and well-being of successful female athletes in sports participation as outcome factors.

In model 1, the findings of social support construct revealed positive and significant effect on the health and well-being of successful female athletes through sports participation. Therefore, it was found that social support made significant contribution of results as a whole. It has been observed that the social support provided by parents is too much spirited in producing successful female athletes and made their girls be able to participate in sports anywhere but the margin of support is not of exception (Prichard & Tiggemann, 2008). Therefore, the social support from parents is a need of the day to enhance the sports participation through their appreciation, encouragement, love, support, and involvement provided to their female athletes (Kim, 2013).

The findings of model 2 revealed that the effect of social culture found upmost on health and well-being of female athletes through their sports participation. Krane, Choi, Baird, Aimar, & Kauer (2004) investigated that sportswomen, consequently, live in two cultures (the sport culture and larger social culture) in which social and sport standards clash. On the other hand, Houlfort, Koestner, Joussemet, Nantel-Vivier, & Lekes (2002) exposed that finance support has a

positive influence on female sport participation and their performance.

Conclusion

The results of the present research demand the strong need to more encourage the sports participation of successful female athletes of Pakistan enhancing their health and well-being by their parents and to support their female athletes financially to uplift their performance profile. Pakistani females belonging to educational institutions should be supported and encouraged their sports participation by sports associations and federations insuring strong social support from parents, athletes' close links, and facilitate them to be successful in sports to uplift their health and well-being. It was concluded that the parents would play a vital role in sports participation of female athletes to improve their standard health and well-being.

References

- Allen, J. B. (2003). Social motivation in youth sport. *Journal of Sport & Exercise Psychology, 25*, 551-567.
- Al-Qattan, S. (2005). *Factors that influence female students of the University of Bahrain with participation in sport activities*. (Doctoral Dissertation, United States Sports Academy). *ProQuest Dissertations and Theses*, 149-149.
- Breuer, C., Hallmann, K., Wicker, P., & Feiler, S. (2010). Socio-economic patterns of sport demand and ageing. *Eur Rev Aging Phys Act, 7*, 61–70.
- Bruce, T. (2012). Reflections on communication and sport: On women and femininities. *Communication & Sport, 1*(1/2), 125-137.
- Casey, M. M., Telford, A., Mooney, A., Harvey, J. T., Eime, R. M., & Payne, W. R. (2014). Linking secondary school physical education with community sport and recreation for girls: A process evaluation. *BMC public health, 14*(1), 2-14.
- Christensen, J. A. (2013). *A deeper understanding of female athlete body image* (Master Thesis). North Dakota State University of Agriculture and Applied Science. Fargo, North Dakota.
- Cote, J. (1999). The influence of the family in the development of talent in sport. *The sport psychologist, 13*(4), 395-417.
- Dawson, P., & Downward, P. (2009). Participation, spectatorship and media coverage in sport. First European Conference in Sports Economic, University Paris, 14th-15th September.
- Dun, S. (2016). Role models in the media and women's sport participation in Qatar. *NIDABA, 1*(1), 48-58.
- Eraslan, M. (2015). An analysis of secondary school students' attitudes towards physical education course according to some variables. *Anthropologist,*

- 19(1), 23-29.
- Feizabadi, M. S., Hashemi, M., Hojjati, A., & Nikravan, F. (2013). The comparison of socio-economic status of families and social support of parents for the physical exercises of their children. *Procedia - Social and Behavioral Sciences*, 82, 375 – 379.
- Houlfort, N., Koestner, R., Joussemet, M., Nantel-Vivier, A., & Lekes, N. (2002). The impact of performance-contingent rewards on perceived autonomy and competence. *Motivation and Emotion*, 26(4), 279-295.
- Howe, N., & Recchia, H. (2014). Sibling relations and their impact on children's development. In Tremblay R. E., Barr, R. G., Peters, R. DeV. (Eds.). *Encyclopedia on Early Childhood Development* (1-8). Montreal, Quebec: Centre of Excellence for Early Childhood Development.
- Humphreys, B. R., & Ruseski, J. E. (2006). Economic determinants of participation in physical activity and sport. *Unpublished Working Paper Series*, (06-13).
- Karcher, M. J., & Sass, D. (2010). A multicultural assessment of adolescent connectedness: Testing measurement invariance across gender and ethnicity. *Journal of Counseling Psychology*, 57(3), 274-289. doi: 10.1037/a0019357
- Kim, H. J. (2013). *The relationship between the level of physical activity and body satisfaction in collegiate females* (Master Thesis). Ball State University. Muncie, Indiana.
- Knight, C. J., Neely, K. C., & Holt, N. L. (2011). Parental behaviors in team sports: How do female athletes want parents to behave? *Journal of Applied Sport Psychology* 23, 76–92.
- Knight, J. L., & Giuliano, T. A. (2001). He's a laker; she's a "looker": The consequences of gender-stereotypical portrayals of male and female athletes by the print media. *Sex roles*, 45(3-4), 217-229.
- Krane, V., Choi, P. Y., Baird, S. M., Aimar, C. M., & Kauer, K. J. (2004). Living the paradox: Female athletes negotiate femininity and muscularity. *Sex roles*, 50(5-6), 315-329.
- Monteiro, M. F., & Filho, D. C. S. (2004). Physical exercise and blood pressure control. *Rev Bras Med Esporte*, 10(6), 517-519.
- Moyson, T., & Roeyers, H. (2012). The overall quality of my life as a sibling is all right, but of course, it could always be better. Quality of life of siblings of children with intellectual disability: The siblings' perspectives. *Journal of Intellectual Disability Research*, 56(1), 87–101.
- Prichard, I., & Tiggemann, M. (2008). Relations among exercise type, self-objectification, and body image in the fitness centre environment: The role of reasons for exercise. *Psychology of sport and exercise*, 9(6), 855-866.
- Prins, R. G., Oenema, A., van der Horst, K., & Brug, J. (2009). Objective and

- perceived availability of physical activity opportunities: differences in associations with physical activity behavior among urban adolescents. *International Journal of Behavioral Nutrition and Physical Activity*, 6(1), 1-9.
- Scheerder, J., & Vos, S. (2010). Sport clubs at a glance: Basic report of the Flemish sport club panel 2009. *Leuven: KU Leuven/Research unit of Social Kinesiology and Sport Management*.
- Sindik, J., Mandic, G. F., Schiefler, B., & Kondric, M. (2013). Differences in the structure of motivation for participation in sport activities among sport students in three countries. *Kinesiologia Slovenica*, 19, 1, 14–31.
- Steenhuis, I. H. M., Nooy, S. B. C., Moes, M. J. G., & Schuit, A. J. (2009). Financial barriers and pricing strategies related to participation in sports activities: The perceptions of people of low income. *Journal of Physical Activity and Health*, 6(6), 716-721.
- Talebzadeha, F., & Jafari, P. (2012). How sport and art could be effective in the fields of social, cognitive and emotional learning? *Procedia - Social and Behavioral Sciences* 47, 1610 – 1615.
- Tebelius, U. (2001). Girls involvement in sport dynamics of sport participation of 12-19 years old female-athletes. *Antagen for Publicering i Kinanthropologica*, 37(2), 67-80.
- Trolan, E. J. (2013). The impact of the media on gender inequality within sport. *Procedia - Social and Behavioral Sciences* 91, 215 – 227.