

## The impact of culture limitation for Females to participate in sports activities at college level: A case study of district Sialkot

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### Abstract

*The main purpose of the study the impact of culture limitation for Females to participate in sports activities at college level: A case study of district Sialkot. Objectives of the study were to analyses the influence of societal constrains on college level female sports participation. To assess the influence of cultural limitations on college level female sports participation. To determine the effect of different demographic factors of the respondents regarding the effect of societal constrains upon female college sports. To determine the effect of different demographic factors of the respondents regarding the effect of cultural limitations upon female college sports. The researcher used Likert type questionnaire as a tool for data collection. The questionnaire was consisting of two different portions the first portion was developed to investigate the influence of societal constraints upon girl's participation at college level and second portion was design to collect information regarding the influence of cultural limitations upon female college sports. Total 867 copies of questionnaires were distributed and 771 (F.A students= 578 and F.Sc students= 193) copies were returned in all respect 98 copies of questionnaire were spoiled the return ratio of the questionnaire were 88.93%. All the students of female colleges of Sialkot, Punjab, Pakistan was the matter of interest of the researcher to collect information. In this present study the researcher takes 20% female students from the colleges of Sialkot. The researcher assumes that, the 20% sample for this type of study had sufficient to draw the conclusions and generalizations. The researcher assumes that, proportionate sampling technique appropriate to take sample from the population. The total number of sample was 867 (666 F.A students & 201 F.Sc Students). Researcher observed there is significant effect of societal and cultural aspect upon the girl's participation in sports activities.*

**Keywords:** cultural limitation, sports activities

### Introduction

The study was conducted in order to study the effect of society and cultural values on the participation of a female athlete in athletics at college level in district Sialkot of Pakistan. Sialkot is famous for its sports instruments production throughout the world. Especially the handmade footballs often known as hand sewed footballs of Sialkot are very famous in sports world. According to an estimation made, 60 percent of the world's productions of footballs are produced in Sialkot. Nearly 40 to 60 million footballs are made in Sialkot which

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is the main reason for its Reputability. In 2014, the FIFA World cups footballs were made in Sialkot in a sports industry named Forward sports. In this way Sialkot also provides a lot of worth to the national treasury as a result of production of these sports tools. Keeping in view the importance of the Sialkot city in relationship with sports activities, it is important to find out the facts that are behind the low participation of female athletes from Sialkot city. The hypothesis and the objectives of the study will provide sufficient information in this case to overcome this collapse.

Society is developed in all manners by if and only if each member of the society participates in sports activities irrespective the gender differences. Sports activities are fair enough and they provide equal chances to both the male and the females of the society to develop skills by cure participation. But in Pakistan and especially in less developed areas the female participation is nearly zero in sports activities and especially athletics. Due to cultural and ethical issues they are not allowed to take part in sports and athletics. Cultural hurdles also play their role in decreasing the participation of females in sorts and athletics.

Currently Pakistan is facing high birth rate problem and the rate at which our population is increasing is quite a dangerous one. At present occasion Pakistan is given sixth number among the countries with high populating rate. Along with 51.35% male the percentage of females is also very high at current occasion with a percentage of 48.65%. But due to cultural restrictions only men are given importance in choosing their lifestyle and activities while females are ignored in all manners to a very dangerous level. Half of the population of Pakistan is comprised of females but they are ignored in all part of life. Irrespective of having such high population level only very few females are introduced at national and international level to represent Pakistan in athletics and sports activities, which is a real dishonor being a nation.

Along with participation in sports activities females are also ignored in all parts of life. At the present time is the core need of the state to provide equal rights and equal chances to both males and females so that they took their responsibilities to work for the betterment and honor of their country by every possible mean. Keeping in views the importance of the topic many researchers have conducted the researches by focusing the factors like motivation, confidence, opportunities, environmental factors, social issues, cultural hurdles, family background and support, age factor and especially the ethical factor, and their effect on the participation of a female in athletics.

According to Kara, Demirci, Scott, Mowen and Stanis et al.(2010) the most important issues in the way of participation of females in sports activities and athletics are lack of importance and awareness regarding the participation of females in sports activities on the part of parents and guardian. Lack of sources

and absence of peer group and age group are also known as the important factors which contribute to low participation of females in athletics.

Females in our society are facing many hardships in order to survive and to take part in sports and athletics. Being a Muslim girl as the majority of Sialkot people are Muslims, a girl have to face problems like social hurdles, ethical and moral restrictions, gender issues, absence of parental support and harsh cultural views in order to participate in sports activities, especially athletics.

According to Jamil (2014) all the social barriers together works to oppose the female participation in sports activities. It is important that a major group from society comprising of equal numbers of males and females may take part in sports activities in order to contribute to society. Equal participation is related with equal opportunities for participation irrespective of the gender and the factors affecting the female participation in sports activities.

By making comparative study among different factors and the situations caused by them in parallel, two researchers Henderson and Winn(1997) put forward rational arguments that the creator allows the females to take part in activities according to the limitations justified. They are allowed to take part in all sorts of activities but in ethical and moral manner. They should not violate the values of veil. They are allowed in Islam to exercise sports activities.

### **Societal Problems**

There is a famous saying” to err is human”. In this modern and fast world every human being is exposed to different situations where he/she has to choose the justice or evil way for further movement. Our society has developed different evils like nepotism, favoritism, crime, injustice and violence of ethical and moral values. As a result of these evil activities it becomes difficult for the females to cross the threshold and to participate in sports activities and athletics where they can come across different horror situations.

### **Societal Norms and Female Sport**

According to Mack and Young “norms refers to the group shared expectations”. According to many researchers there are different cultural values in different societies. According to some social values the females should not be allowed to cross the threshold and take part in sports activities, this in turn causes problems to national and international females players to participate in sports activities in future.

### **Cultural Problems**

The way we live our life along with our love ones by following our own made rules and regulations is commonly known as culture. The individual which are

the part of a culture or so called society are bound to follow the rules made in every possible way. In this very way especially in an Islamic culture female are not allowed to participate in sports and different other activities irrespective of the fact that the religion Islam allows females to take part in all activities without violating the values of veil.

### Hypothesis of the Study

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

1. H0: Societal constraints are significantly influencing sports participation of female athlete at college level.
2. H0: Cultural limitations are significantly influencing sports participation of female athlete at college level.

### Methodology & Material:

This particular chapter deals with the selection of methods and adaptation of materials which used to collect the data and achieve the objectives of the study. This chapter help the researcher to reach at certain findings and conclusions in a scientific way. The main purpose of the study was influence of sociocultural problems upon sports participation among college female athletes of district Sialkot.

### Population

All the students of female colleges of Sialkot, Punjab, Pakistan was the matter of interest of the researcher to collect information. The detail description of population is given below in the table:

**Table No.1: Total Girls/Women in College/University in Sialkot**

S.No	Name of College	F.A Population	F.Sc. Population
1.	Govt. Fatima Jinnah Girls Degree DhelyWali (Sialkot)	90	17
2.	Govt. Girls Degree College Haji Pura (Sialkot)	715	78
3.	Govt. Girls Nawaz Sharif Degree College Sialkot	63	30
4.	Govt. Girls Degree College Kapoor Wali (Sialkot)	178	82
5.	Govt. Allama Iqbal College for Women Sialkot	707	198

6.	Govt. Post Graduate degree college University for women Sialkot (women University)	1575	600
Total		3328	1005

### Sample

Gay (1987) done a lot of work in research methodology as well as with special reference to sampling, Gay, define the sample as. It is the small group of individual which supposed to be the represents larger population. In general when the population is large and due to some factor such as, time allocation, knowledge, equipment and facilities the researcher can't investigate and collect data from all the members of population the researcher than take small portion from large population to generalize the results. But there should be some hard and soft rules like, the characteristics of sample and population should be same. L. R. Gay (1987) also produce the formula for to take the sample from the population. Gay suggested that, if the number of population is large then the researcher should 10% of sample and if the population is small then the researcher should take 20% sample from the population but the researcher should kept in mind that, the characteristics of the sample should be as characteristics of the population.

In this present study the researcher takes 20% female students from the colleges of Sialkot. The researcher assume that, the 20% sample for this type of study had sufficient to draw the conclusions and generalizations. The researcher assume that, proportionate sampling technique appropriate to take sample from the population. The total number of sample was 867 (666 F.A students & 201 F.Sc Students) Detail description of Sample Size is given below in the table:

**Table No. 2 : 20% sample of Girls/Women in College/University in Sialkot**

#	Name of College	F.A	20% of F.A	F.Sc.	20% of F.Sc.
1.	Govt. Fatima Jinnah Girls Degree DhelyWali (Sialkot)	90	18	17	3
2.	Govt. Girls Degree College Haji Pura (Sialkot)	715	143	78	16
3.	Govt. Girls Nawaz Sharif Degree College Sialkot	63	13	30	6
4.	Govt. Girls Degree College Kapoor Wali (Sialkot)	178	36	82	16
5.	Govt. Allama Iqbal College for Women Sialkot	707	141	198	40

6.	Govt. Post Graduate degree college University for women Sialkot (women University)	1575	600	315	120
<b>Total</b>		<b>3328</b>	<b>666</b>	<b>1005</b>	<b>201</b>

**Total 20% Sample: 666 + 201 = 867**

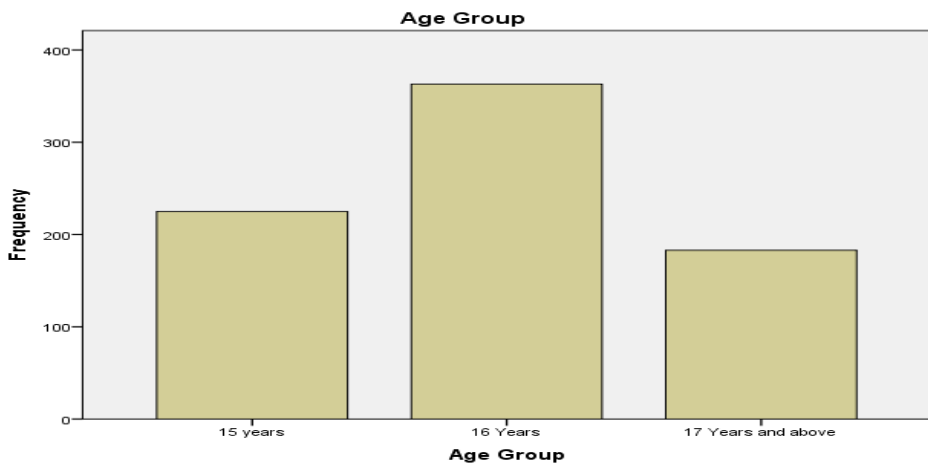
**Section A: Demographic information of the respondents**

**Table # 1:**

*Age Group-wise frequencies and percentages of the respondents*

Age Group	Frequency	Percent	Valid Percent	Cumulative Percent
15 years	225	29.2	29.2	29.2
16 Years	363	47.1	47.1	76.3
17 Years and above	183	23.7	23.7	100.0
<b>Total</b>	<b>771</b>	<b>100.0</b>	<b>100.0</b>	

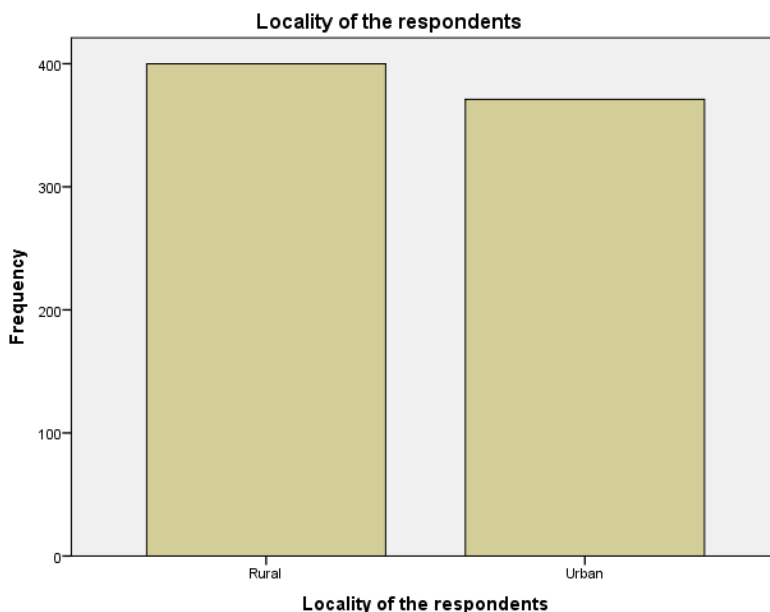
**Figure # 1:** Bar Graph showing age group-wise frequencies of respondents



The above table 1 and figure 1 showing the frequencies and percentages of the sample. The total respondents having age 15 years were 225 (the percentage of the 15 years old respondents were 29.2%). The total 16 years of age respondents were 363 (47.1%) and 17 years and above were 183 (23.7%). The total number of respondents from 15 years to 17 years and above were 771 (100%).

**Table # 2: Locality of the respondents-wise frequencies and percentages**

Locality	Frequency	Percent	Valid Percent	Cumulative Percent
Rural	400	51.9	51.9	51.9
Urban	371	48.1	48.1	100.0
Total	771	100.0	100.0	

**Figure # 2: Bar Graph showing locality of the respondents-wise frequencies**

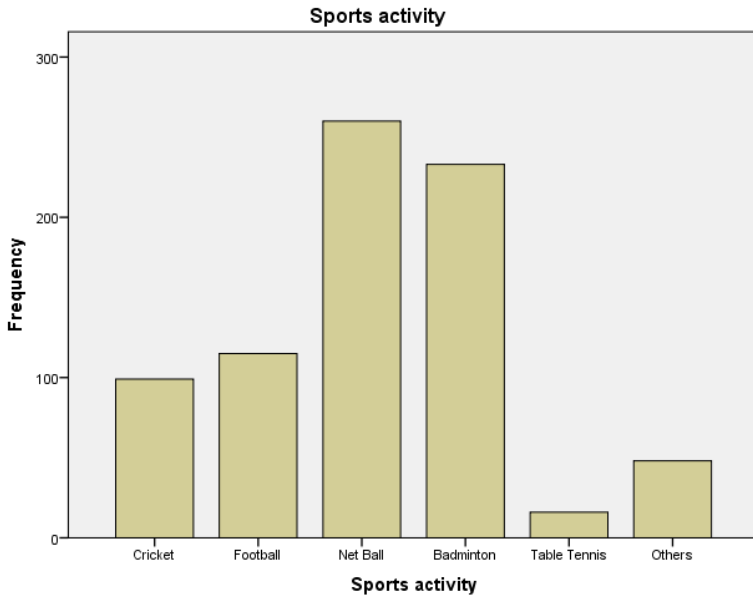
The above table 2 and figure 2 showing the frequencies and percentages of the respondents having different localities. The number of rural respondents was 400 (51.9%) and urban respondents was 371 (48.1%). The total number of respondents from different localities was 771 (100%).

**Table # 3: Sports activity-wise frequencies and percentages**

Sports	Frequency	Percent	Valid Percent	Cumulative Percent
Cricket	99	12.8	12.8	12.8
Football	115	14.9	14.9	27.8
Net Ball	260	33.7	33.7	61.5
Badminton	233	30.2	30.2	91.7
Table Tennis	16	2.1	2.1	93.8
Others	48	6.2	6.2	100.0

Total 771 100.0 100.0

**Figure # 3:** Bar graph showing the frequencies of respondents sports activity-wise



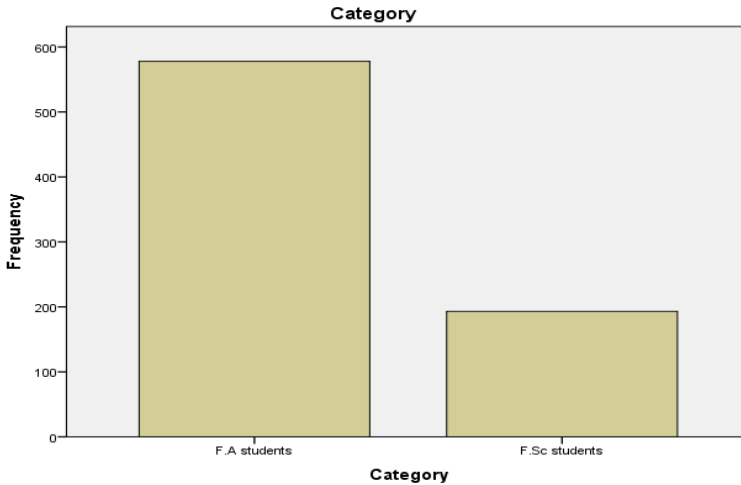
The above Table 3 and figure 3 showing the frequencies and percentages of the respondents on the basis of participation in different sports activities. The total respondents participating in Cricket were 99 (12.8%), Football were 115 (14.9%), Net Ball 260 (33.7%), Badminton 233 (30.2%), Table Tennis 16 (2.1%) and others 48 (6.2%). The total respondents participating in different games were 771 (100%).

**Table # 4:** *Category-wise frequencies and percentages of the respondents*

Category	Frequency	Percent	Valid Percent	Cumulative Percent
F.A students	578	75.0	75.0	75.0
F.Sc students	193	25.0	25.0	100.0
Total	771	100.0	100.0	



**Figure # 4:** Bar graph showing the frequencies of respondents category-wise



The above Table 4 and figure 4 showing the frequencies and percentages of the sample category wise. The total number of respondents having admission in F.A was 578 (75%) and total number of students having admission in F.Sc was 193 (25%). The total number of students having admission in HSSC were 771 (100%).

**Section B: Item Wise Frequencies and percentages of the respondents**

**Table # 5: Societal constraints for girls to participate in sports activities at college level**

#	STATEMENT	SA F (%)	A F (%)	UD F (%)	DA F (%)	SDA F (%)
1.	Negative behavior of fellows at college level damage the self-esteem of girls which leads towards low participation of girls at in sports activities	434 (56%)	210 (27%)	26 (3%)	34 (4%)	67 (9%)
2.	Fear of harassment is a problems for girls go outside the home to participate in sports	467 (61%)	178 (23%)	45 (6%)	39 (5%)	42 (5%)
3.	Fear of being Robbed is a problem for girls which create hurdle to participate in sports activities	510 (66%)	113 (15%)	102 (13%)	21 (3%)	25 (3%)
4.	Fear to be hostage hinders the move toward of girls to ground	422 (55%)	134 (17%)	110 (14%)	54 (7%)	51 (7%)

5. The false impression of societal norms like disallowance, become a problem for girls to participate in sports activities	435 (56%)	210 (27%)	100 (13%)	21 (3%)	5 (1%)
6. Society doesn't accept girls to participate in sports activities without wearing Veil which creates problems for girls in sports participation.	234 (30%)	278 (36%)	112 (15%)	76 (10%)	71 (9%)
7. Sports code of dress is against the societal norms of our society which is big problem for girls to participate in sports activities.	431 (56%)	113 (15%)	79 (10%)	44 (6%)	104 (13%)
8. Male are dominant in our society this concept also decrease the level participation of girls in sports	567 (74%)	127 (16%)	57 (7%)	19 (2%)	1 (0%)
9. Democracy restricts the girl's participation in sports activities.	457 (59%)	110 (14%)	57 (7%)	42 (5%)	105 (14%)
10. Relatives and acquaintance tease the girls while participating in Sports activities.	477 (62%)	155 (20%)	65 (8%)	35 (5%)	39 (5%)

**Section C: Testing of hypotheses**

**H1: Societal constraints are significantly influencing sports participation of female athlete at college level.**

**Table # 6: Regression showing the influence of societal constraints on sports participation of female athlete at college level.**

*Model Summary*

Model	R	R Square	Adjusted R Square	F	Sig.
1	.781 <sup>a</sup>	.636	.635	2821.123	.001 <sup>b</sup>

a. Predictors: (Constant), Societal Constraints

b. Dependent Variable: Sports participation of female athletes

**Table # 7: Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	.877	.057		21.042	.000
	Societal Constraints	.718	.042	.781	36.114	.001

a. Dependent Variable: Sports participation of female athletes

There above Table 6 and 7 shows that societal constraints are significantly influencing sports participation of female athlete at college level. The results shows that the relationship among societal constraints and sports participation of female athletes was 63% which appeared as positive and strong. The results shows that  $r = .781$ ,  $R\text{ Square} = .636$ , adjusted  $r\text{ square} = .635$   $F = 2821.123$  and  $\text{Sig.} = .001$ . The results also shows that if one unit increase in independent variable .718 units increases in dependent variables. When the Table 4.10 and 4.11 analyzed cumulatively the results shows that societal constraints significantly predicted sports participation of female athletes at college level  $\beta = .718$ ,  $t = 21.042$ ,  $\text{Sig.} = .001 < \alpha = .05$ . Societal constraints also explain a significant proportion of variance in girl’s participation in sports activities at college level  $R^2 = .636$ ,  $F = 2821.123$ ,  $\text{Sig.} = .001 < \alpha = .05$ . Hence the hypothesis societal constraints are significantly influencing sports participation of female athlete at college level is hereby accepted.

**H1: Cultural limitations are significantly influencing sports participation of female athlete at college level.**

**Table # 8 :** Regression showing the influence of Cultural limitations on sports participation of female athlete at college level.

*Model Summary*

Model	R	R Square	Adjusted R Square	F	Sig.
1	.872 <sup>a</sup>	.666	.665	1732.223	.002 <sup>b</sup>

a. Predictors: (Constant), Cultural limitations

b. Dependent Variable: Sports participation of female athletes

**Table # 9: Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	.987	.085		22.331	.000
	Cultural limitations	.863	.071	.872	36.114	.002

a. Dependent Variable: Sports participation of female athletes

There above Table 8 and 9 shows that Cultural limitations are significantly influencing sports participation of female athlete at college level. The results show that the relationship among cultural limitations and sports participation of

female athletes was 66% which appeared as positive and strong. The results show that  $r = .872$ ,  $R^2 = .666$ , adjusted  $r^2 = .665$ ,  $F = 1732.223$  and  $\text{Sig.} = .002$ . The results also show that if one-unit increase in independent variable .863 units increases in dependent variables. When the Table 4.12 and 4.13 analyzed cumulatively the results shows that cultural limitations significantly predicted sports participation of female athletes at college level  $\beta = .863$ ,  $t = 22.331$ ,  $\text{Sig.} = .002 < \alpha = .05$ . Cultural limitations also explain a significant proportion of variance in girl's participation in sports activities at college level  $R^2 = .666$ ,  $F = 1732.223$ ,  $\text{Sig.} = .002 < \alpha = .05$ . Hence the hypothesis Cultural limitations are significantly influencing sports participation of female athlete at college level is hereby accepted.

### Discussion

The main purpose of the study was influence of sociocultural problems upon sports participation among college female athletes of district Sialkot. The respondents of the study were all the higher secondary school female students. The two main variables were investigated influence of societal constraints and influence of cultural limitations upon girl's participation in sports activities at college level.

Questionnaire was used to collect the data from the respondents. The researcher assumed that the sample size of the study was appropriate and representative and suitable to generalize the results on the population. Researcher observed there is significant influence of societal constraints upon girl's participation in sports activities at college level. Since, the false impression of societal norms like disallowance, become a problem for girls to participate in sports activities, Society doesn't accept girls to participate in sports activities without wearing Veil which creates problems for girls in sports participation.

It was also observed during the data analysis that Sports code of dress is against the societal norms of our society which is big problem for girls to participate in sports activities and negative behavior of fellows at college level damage the self-esteem of girls which leads towards low participation of girls at in sports activities. Relatives and acquaintance discourage the Parents upon their girl's participation in sports activities and Male are dominant in our society this concept also decrease the level participation of girls in sports. Relatives and acquaintance tease the girls while participating in Sports activities.

The researcher also observed that maintaining the balance among families given responsibilities and girls' sports participation is a big problem for girls at college sports. Fear of harassment is a problems for girls go outside the home to participate in sports. Since, Fear of being robbed is a problem for girls which create hurdle to participate in sports activities and Fear to be hostage hinders the

move toward of girls to ground.

The researcher also observed the philosophy behind the results that democracy restricts the girl's participation in sports activities and relations taunt while girls play. Fear of emotional threats is also a problem for girl to participate in sports activities. Un-necessary watchfulness/vigilance of the society upon girls hinders the sports participation of girls at college level. In respect of college attitude and behavior the researcher observed that there is unequal access to playgrounds for girls which leads to towards negative effect on girl's participation in sports activities.

Fear of domestic abuse is one the problem which restrict the girl's participation in sports, Due to gender-based violence girls deny sports participation and Parents happy to see his boy in play grounds not girls and the results indicates that stalking is one of the social problem which restrict girls to participate in sports activities. The results of the present study are in linked and in lined with previous studies which have been done recently in different corners of the world. The results shows that there is significant influence of cultural limitations upon girl's participation at college level. Since, our beliefs don't allow us to participate in sports in that existing way, male dominant culture is a limitation for girls to participate in sports activities. Girls can't participate in sports activities without having full covered place. Someone's custody of girls in our culture limited the girls to reach at playgrounds.

Fear of being punished due to violation of culture rules regulation restrict the girls to participate in sports activities. Watchfulness of different cultures in one of the limitation for girls which restrict the participation in sports activities. Cultural dress code of our culture is one of the limitations for girls to participate in sports activities. Negative behavior of brothers of girls limited the girl's participation in sports activities. National and regional languages are one are the limitations to participate in sports activities.

Our culture don't accept those girls who appears their body image in front of other people in playgrounds. Early girl marriage culture restrict the girls in sports activities. Cultural dignity is one of the limitation for girls to participate in sports. Being neither a princess nor a queen decrease the self-esteem of the girls which leads towards low participation.

## **Conclusion**

The main purpose of the study was influence of sociocultural problems upon sports participation among college female athletes of district Sialkot. The independent variable were societal constraints and cultural limitations and the dependent variable was girl's participation in sports activities. The main focus of the study was to determine the influence of societal constraints and cultural

limitations upon the girl's participation in sports activities.

On the basis of data analysis and findings of the study the researcher concluded that there is significant influence of societal constraints upon the girl's participation in sports activities and it was also concluded that there is significant influence of cultural limitations upon girl's participation in sports activities.

The researcher concluded that the influence of societal constraints was greater than the influence of cultural limitations upon girl's participation in sports activities at college level. The researcher assumed that insignificant among age wise groups regarding the effect of societal constraints upon girl's participation in sports activities at college level. The viewpoint of respondents from different localities were same regarding the influence of societal constraints upon girl's participation in sports activities.

The viewpoint of local and non-local respondents was same regarding the influence of societal constraints upon girl's participation in sports activities. The researcher also concluded on the basis of data analysis and findings of the study that there is significant difference among the viewpoints of respondents participating in different games regarding the influence of societal constraints on sports participation of female athlete at college level.

The respondents participating in Table tennis scored greater score than the cricket players, football players, net ball players, badminton and others regarding the influence of societal constraints upon girl's participation in sports activities at college level.

The researcher assumed that insignificant among the viewpoints of respondents having different casts regarding the influence of societal constraints upon girl's participation in sports activities at college level. The sports competition wise groups were same regarding the influence of societal constraints upon girl's participation in sports activities.

### **Recommendations**

The main purpose of the study was influence of sociocultural problems upon sports participation among college female athletes of district Sialkot. On the basis of findings of the study the researcher hereby suggests some recommendations,

1. The families and responsible person of the house may give permission and allow their girls to participate in sports activities
2. Society may accept girls to participate in sports activities without wearing Veil which enhance the girl's interest in sports participation.
3. The society may accept the Sports code of dress which is big problem for girls to participate in sports activities

4. Fellows may behave positively with sports girls at college level which leads towards enhancement of self-esteem of girls which leads towards high participation of girls at in sports activities.
5. Relatives and acquaintance may encourage the Parents upon their girl's participation in sports activities.

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