

# The Impact Of Psychological Limitations For Female Athletes To Participate In Sports Activities

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## Abstract

The main objective of the study was The impact of Psychological limitations for female's athletes to participate in sports activities; A case study of college Level. Objectives of the study were to analyses the influence of societal constrains on College level female sports participation. To assess the impact of Psychological limitations on college level female sports participation. To determine the effect of different demographic factors of the respondents regarding the effect of societal constraints 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 girls 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 ruined 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 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:** Psychology limitation, sports, physical activities.

## Introduction:

Sports enthusiasts claim that athletes who engage in physical activity grow to have "a sound mind and an attractive physique" as individuals.

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 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.

However, educators believed that because athletes spent more time on sports-related responsibilities like practice and tournaments than on solo study, they did not perform as well in their studies. Furthermore, several critics believed that student-athletes couldn't excel in both subjects at the same time.

Sports enthusiasts claim that athletes who engage in physical activity grow to have "a sound mind and a healthy physique" as individuals. However, other academics believed that because athletes spent a greater amount of time on sports-related responsibilities like practicing and competitions than on solo study, they weren't doing as well in their studies. Furthermore, several critics held the opinion that athletes could not excel in both their studies and their sports at the same time.

Sports are typically defined as activities that require physical athleticism or skill, with the Summer Olympics and other significant competitions only accepting sports that fit this definition. Other organizations, use criteria that prevent activities without a physical component from being classified as sports, just like the Council of Europe.

Taras said that H. Research from 2005 provided evidence that students who participate in sports and physical activities develop both physical and mental alertness and that these students consistently perform better, achieve more, and are more likely to continue attending classes.

Though sports are a term used to describe a variety of competitive, non-material activities. Chess and bridge are acknowledged as legitimate sports by the International Olympic Commission (via ARISF), and Sport Accord, an organization comprised of global sports

federations, has also recognized five such games. However, the number of mental games that can be recognized as sports is restricted. Sports are often controlled by a set of rules or conventions that allow for consistent adjudication of the winner and guarantee fair competition.

Physical actions like scoring goals or being the first person across a finish line can determine a winner, as can the decision of judges who evaluate many aspects of athletic performance, including both subjective and objective criteria like technical proficiency or aesthetic impression.

Records regarding performance are frequently preserved in organized sports, moreover, for well-known sports, this knowledge could be widely publicized or discussed in the world of sports.

Sport is also a significant source of entertainment for those who choose not to participate, as spectator sports bring sizable crowds to venues and are transmitted to a broader audience.

### **Literature Review:**

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.

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.

When it comes to the maintenance and upholding of good health, Islam provides equal rights to all human beings whether male or females to take care of their health, which is only possible by participating in sports activities. Islam being a complete code of life provides the necessary information required by a female participant to know that how she has to exercise any sports activity without violating the moral values. In this way Islam provides essential information to the females that they may wear veil while moving outside the house to exercise sports activities. The creator blessed us with all the necessary knowledge to make us easy to live our life.

According to Rauzon (2002) Social hurdles like lack of parental support, many responsibilities, absence of equal opportunities and the absence of trust in female's participation causes problem for them to exercise sports activities. Since our society has developed many evils like kidnapping, nepotism, favoritism, violence and sexual harassment etc. These factors perform the task of barrier in the way of female's participation in sports activities. Due to such reasons they avoid participating in sports activities.

### **Material & Methods:**

Survey approach was used and questionnaire utilized to gather information from the respondents. For to record human behavior, opinion and perceptions Survey research approach is very popular, handy and commonly used in social sciences. The main purpose of the study was influence of sociocultural problems upon sports participation among college female athletes of district. The data was collected through the opinions and perceptions of F.A and F.Sc students. Therefore, cross-sectional study model was used by using questionnaire and survey method to access the respondents. Survey is suggested as the best method for such kind of social studies (Babbie, 1993:256-257).

### **Data Collection Instrument**

The researcher in the world used different type of instruments to collect data. Which depends upon the nature of the study, nature of the hypotheses testing and some other general factors. Methodologist and experts suggested that, data collection through Questionnaire is the best to collect information from whole population within limited time. Questionnaire is the tool which is easy to make, prepare, validate and to make reliable. There is a lot of benefits of questionnaire (tool as a data collection) reported in literature. In this particular study the researcher used likert type scale.

This five option scale with equal interval ratio and interval scale. Five option given to the respondents to collect the desired information. Strongly Agree with code SA and with weight 5, Agree with code A, and with weight 4, Undecided with code UD and with weight 3, Disagree with code DA and with weight 2 and last option was strongly disagree with code SDA and weight 1.

The researcher collected the data by self and represent to the respondents and elaborate that, this study was only for research purpose this information not shared or present to the other purposes. The researcher give some time to the respondents to think on the statements and option of the questionnaire and response at is best desirable options.

### **Data Analysis:**

The researcher used appropriate and authentic tools to test the hypothesis, the researcher assume that, Correlations, T, test and ANOVA was the best to test the hypotheses and Mode and frequency was best tools to represent the likert type data.

### **Results and Discussion**

This particular portion deals with the presentation and analysis of the data, further divided into three different Section "A" demographic information of the sample with frequencies and percentages, Section "B" item-wise frequencies and

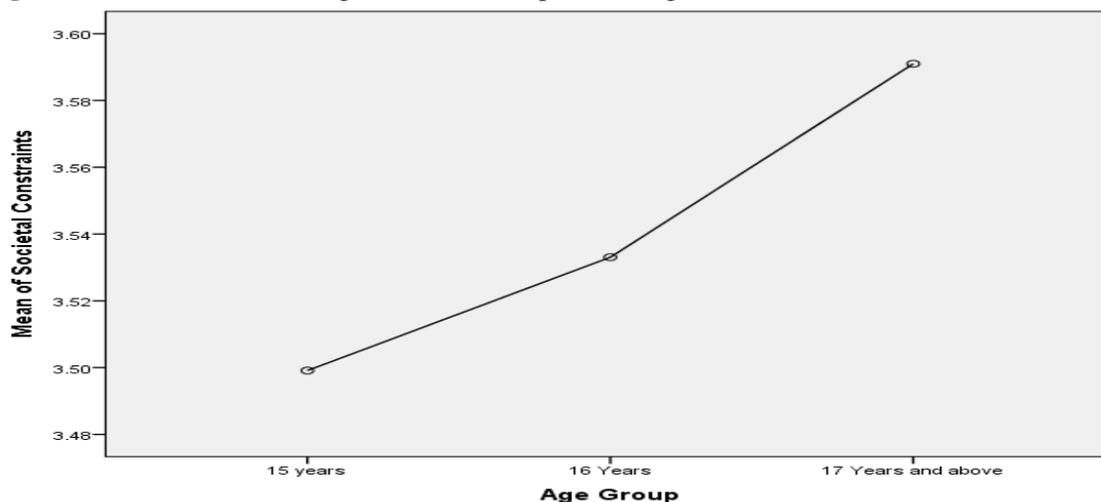
percentages of the questionnaire and Section “C” deals with the testing of hypothesis with Regression, t-test and ANOVA with testing error .05.

**H<sub>0</sub>: insignificant among viewpoints of respondents having different age group regarding the influence of societal constraints on sports participation of female athlete at college level.**

**Table # 1:** ANOVA showing the difference among the viewpoint of respondents having different age groups regarding influence of societal constraints on girls’ sports participation

Age Groups	N	Mean	Std. Deviation	Df	F	Sig.
15 years	225	3.4991	1.01889			
16 Years	363	3.5331	.99454	2, 768	.431	.650
17 Years and above	183	3.5910	.98702			
Total	771	3.5369	.99920			

**Figure # 1:** Mean Plot showing the mean of respondents age wise



The above Table 1 showing the difference among the viewpoint of respondents having different age groups regarding influence of societal constraints on girls’ sports participation. The results of ANOVA appeared as  $F(2, 768) = .431$ ,  $Sig. = .650 > \alpha = .05$  which indicates that insignificant among age wise groups regarding the effect of societal constraints upon female college sports. Hence the null hypothesis insignificant among viewpoints of respondents having different age group

regarding the influence of societal constraints on sports participation of female athlete at college level is hereby accepted.

**H<sub>0</sub>: insignificant among the viewpoint of respondents from different localities regarding the influence of societal constraints on sports participation of female athlete at college level.**

**Table # 2:** t-test showing the difference among the viewpoint of respondents from different localities regarding the influence of societal constraints on girls’ sports participation.

Testing Variables	Locality	N	Mean	Std. Deviation	Df	T	Sig.
Societal Constraints	Rural	400	3.5584	.98195	769	.619	.536
	Urban	371	3.5137	1.01829			

The above Table 4.15 showing the difference among the viewpoint of respondents from different localities regarding the influence of societal constraints on girls' sports participation at college level. The results of t-test appeared as  $t(769) = .619$ ,  $\text{Sig.} = .536 > \alpha = .05$ . Which indicates that the viewpoint of respondents from different localities were same regarding the influence of societal constraints upon girls participation in sports activities. Hence the null

hypothesis insignificant among the viewpoint of respondents from different localities regarding the influence of societal constraints on sports participation of female athlete at college level is hereby accepted.

**H<sub>0</sub>: insignificant among the viewpoint of local and non-local respondents regarding the influence of societal constraints on sports participation of female athlete at college level.**

**Table # 3:** t-test showing the difference among the viewpoint of local and non-local respondents regarding the influence of societal constraints on girls' sports participation.

Testing Variables	Domicile	N	Mean	Std. Deviation	df	T	Sig.
Societal Constraints	Local	596	3.5639	.98919	769	1.387	.119
	Non-Local	175	3.4449	1.03014			

The above Table 4.16 showing the difference among the viewpoint of local and non-local respondents regarding the influence of societal constraints on girls' sports participation at college level. The results of t-test appeared as  $t(769) = 1.387$ ,  $\text{Sig.} = .119 > \alpha = .05$ . Which indicates that the viewpoint of local and non-local respondents were same regarding the influence of societal constraints upon girls participation in sports activities. Hence the null hypothesis insignificant

among the viewpoint of local and non-local respondents regarding the influence of societal constraints on sports participation of female athlete at college level is hereby accepted.

**H<sub>0</sub>: insignificant among the viewpoints of respondents participating in different games regarding the influence of societal constraints on sports participation of female athlete at college level.**

**Table # 4:** ANOVA showing the difference among the viewpoint of respondents participating in different games regarding influence of societal constraints on girls' sports participation

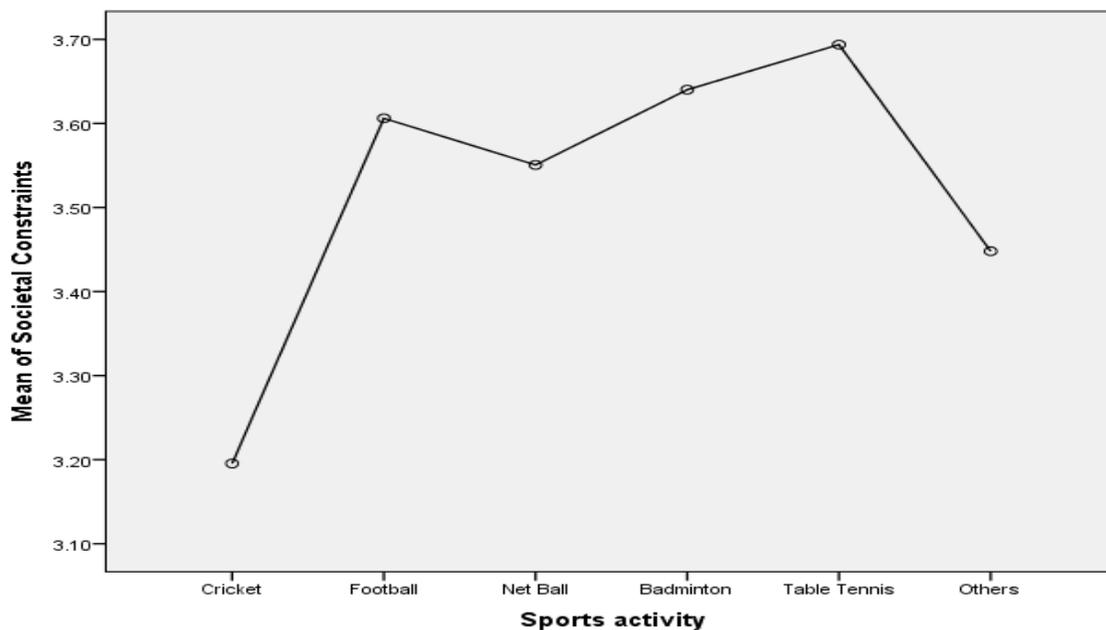
Sports	N	Mean	Std. Deviation	df	F	Sig.
Cricket	99	3.1955	1.09412	(5,765)	3.127	.008
Football	115	3.6061	.95344			
Net Ball	260	3.5506	1.02193			
Badminton	233	3.6401	.90642			
Table Tennis	16	3.6938	1.05576			

Others	48	3.4479	1.07797
Total	771	3.5369	.99920

The above Table 4 showing the difference among the viewpoints of respondents participating in different games regarding influence of societal constraints on girls’ sports participation which indicates 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 results of ANOVA test appeared as  $F(5,765) = 3.127$ ,  $Sig. = .008 < \alpha = .05$ . The respondents participating in Table tennis ( $M = 3.69$ ,  $SD = 1.05$ ,  $n = 16$ ) scored greater score than

the cricket players ( $M = 3.19$ ,  $SD = 1.09$ ,  $n = 99$ ), football players ( $M = 3.60$ ,  $SD = .95$ ,  $n = 115$ ), net ball players ( $M = 3.55$ ,  $SD = 1.02$ ,  $n = 260$ ), badminton ( $M = 3.64$ ,  $SD = .90$ ,  $n = 233$ ) and others ( $M = 3.44$ ,  $SD = 1.07$ ,  $n = 48$ ) regarding the influence of societal constraints upon female college sports. Hence the null hypothesis insignificant among the viewpoints of respondents participating in different games regarding the influence of societal constraints on sports participation of female athlete at college level is hereby rejected.

**Figure # 4.9:** Mean Plot showing the mean of respondents sports activity wise



**H<sub>0</sub>: insignificant among the viewpoints of respondents having different cast regarding the influence of societal constraints on sports participation of female athlete at college level.**

**Table # 5:** ANOVA showing the difference among the viewpoint of respondents having different cast regarding influence of societal constraints on girls’ sports participation

The results show that insignificant among the viewpoint of respondents having different casts regarding the influence of societal constraints upon female college sports. Hence the null hypothesis insignificant among the viewpoints of respondents having different cast regarding the influence of societal constraints on sports participation of female athlete at college level is

hereby accepted. Due to some limitations and ethical consideration of the study and volunteer consent of the respondents the table, facts and figures are missing. The respondents permit the researcher only announced results regarding this particular variable.

**H<sub>0</sub>: insignificant among the viewpoints of respondents take parts in sports competition at different levels regarding the influence of societal constraints on sports participation of female athlete at college level.**

**Table # 6:** ANOVA showing the difference among the viewpoints of respondents taking part in sports competition at different levels regarding influence of societal constraints on girls' sports participation

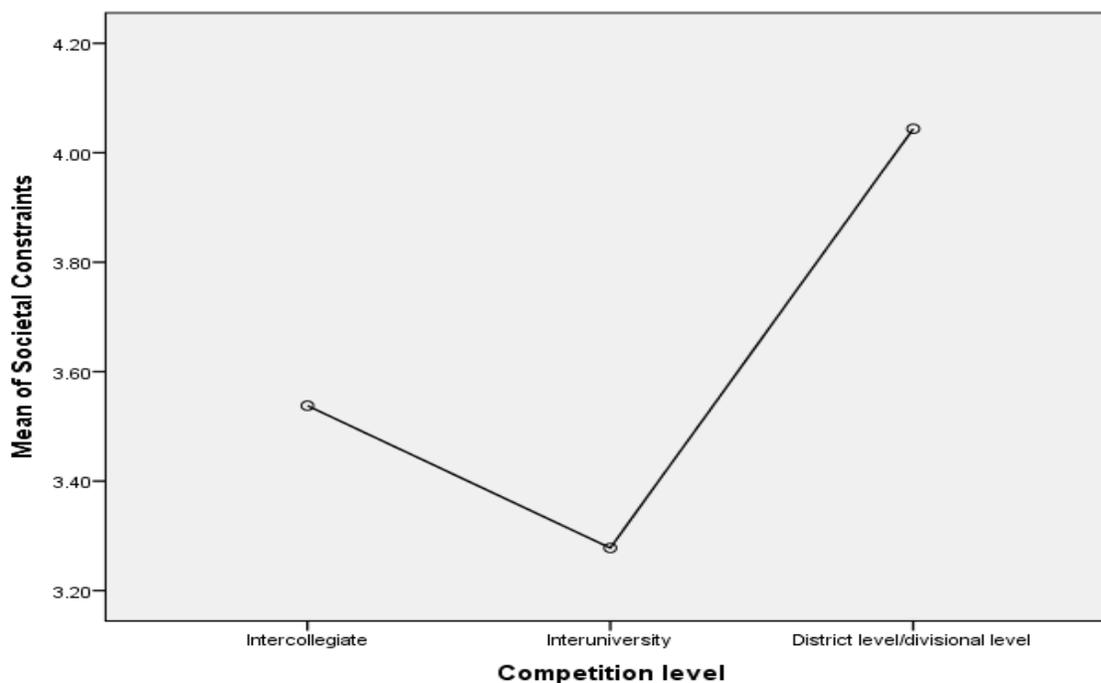
Competition level	N	Mean	S.D	df	F	Sig.
Intercollegiate	745	3.5377	.99635			
Interuniversity	18	3.2778	1.10056	(2, 768)	1.637	.195
District level/divisional level	8	4.0438	.95148			
Total	771	3.5369	.99920			

### Discussion:

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 The above Table no 6 showing the difference among the viewpoints of respondents taking part in sports competition at different levels regarding influence of societal constraints on girls' sports

participation. The results of ANOVA test appeared as  $F(2,768) = 1.637$ ,  $\text{Sig.} = .195 > \alpha = .05$  which indicates that the sports competition wise groups were same regarding the influence of societal constraints upon girls participation in sports activities. hence the null hypothesis insignificant among the viewpoints of respondents take parts in sports competition at different levels regarding the influence of societal constraints on sports participation of female athlete at college level is hereby accepted.

**Figure # 6:** Mean Plot showing the mean of respondents sports competition level wise



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 problem 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.

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.

#### **Conclusion:**

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 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.

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