

PARENTAL CONSTRAINTS IN THE WAY OF SPORTS PARTICIPATION AMONG THE SECONDARY STUDENTS OF KHYBER PAKHTUNKHWA, PAKISTAN

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ABSTRACT

Parental constraints mean all those hurdles face to the students from their parents in connection to participate in sports activities. The main objective of this particular study was to find out the parental restrictions and there effect on students participation in sports activities in secondary schools of Khyber Pakhtunkhwa (KPK). The population of this study was comprised all the Teachers, Head of the Institutions (HOI), and the parents in the province of KPK. Roundabout there were 26 districts in the province of KPK. The researcher selected eleven (11) districts as a sample by using sample random sampling technique. Then the researcher selected 4 schools from each district (2 male, 2 female) by applying convenient or available sampling technique. The researcher selected five teachers, one head of the institution from each school and 20 parents from each district through available sampling technique. So the total number of the sample from one district was 44 and the total number of the sample from the whole province (11 districts) was 484. Likert type scale was used for the purpose of data collection. Regression was used for the purpose of data analysis. After completion the above process it was concluded that there is a significant effect of parental constraints upon students' participation in sports activities at secondary school level.

Keywords: Sports, constraints, parents, secondary schools, KPK.

1. INTRODUCTION

Sports mean all those physical activities competitive in nature, having specific rules, required space and equipment. According to United Nations (2003) sports are all form of activities that contribute to physical fitness, mental wellbeing and

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social interaction. This include play, recreation, organized casual or competitive sports and indigenous sports or game.

Experts in the field of physical education claim that sports activities play very significant role in the life of a child, particularly at younger age when a child enters the school. An addition to physical and mental development participation in sports enhances the level of sociability and results in wholesome development for child in all spheres of life. In most parts of the world, sports activities are given due importance at school level and students can be facilitated to participate in various sports activities.

In Pakistan, the extent of facilities and the level of participation in sports among school age children are considerably low (Zia-ul-Islam, Hussain, Abbas, & Akhtar, 2013; Bibi, Khan, Khan, & Abbas, 2016). There might be several reasons behind this. There might be numerous restrictions that create hurdle for sports activities at secondary school level and ultimately the students are not able to gain the benefits of sports, one of them the role of parents. If the parents facilitate their children and provide opportunity of participating in sports activities, then the student will be able to reap the benefits of sports. If the parents did not provide opportunity to their children for participating in sport activities, then it will be adversely effect on their children (Bibi, Khan, & Khan, 2016).

Low level of parent education, lack of parent's knowledge about the value of sports, lack of parent's interest, low financial status of the parents, misconception of parents about sports, etc. are the main parental constraints in the way of sports participation at secondary school level (Rintaugu, Mwangi, & Bailasha, 2013; Suleman, Singh, & Zeeshan, 2014). According to Ifedi (2008) that highly educated parents allow their children to participate in sports activities as compare to low educated parents. According to Research and Library Services (2010) lack of knowledge about the value of sports is the obstacle in the way of sports promotion at secondary school level because a majority of the people has no knowledge about the benefits of sports activities.

According to Orunaboka and Nwachukwu (2012) the people do not participate in sports activities because of their home tasks. The reason behind the lack of sports participation is that sports is considered by the people as wastage of time. According to International Society of Sport Psychology (ISSP, 1992) as cited by Sarwar, Hussain, Mehmood, and Awan (2010) the majority of the parents does not allow their children to do sports activities because they consider that sports effect the academic performance of the children. But they are unaware about the fact that sports have a positive role in the academic uplifting of their children (Khan, Jamil, Khan, & Kareem, 2012). According to Trudeau and Shephard (2008) giving extra time to sports is beneficial for the academic improvement of the children.

The present research study conducted to explore the influence of parental restrictions on sports participation among the secondary school students in the province of Khyber Pakhtunkhwa.

2. METHODS AND MATERIALS

2.1 Population of the Study

The population of this particular study comprised all the Teachers, Head of the Institutions (HOI), and the parents in the province of Khyber Pakhtunkhwa (KPK) Pakistan.

2.2 Sample and Sample Size

There are 25 Districts and 1379 secondary Schools (Male-1069, Female-310) situated in Khyber Pakhtunkhwa (KPK), Pakistan. It was quite difficult for the researcher to contact each and every school of the Province. To overcome this difficulty, the researcher selected only 11 districts from the whole population by using cluster sample random technique. The researcher further selected 4 schools from each district (2 male, 2 female) by applying convenient or available sampling technique. Further 5 teachers, 1 head of the institution from each school and 20 parents from each district through available sampling technique were selected. So the total number of the sample from one district was 44 and the total number of the sample from the whole province (11 districts) was 484.

2.3 Instrument

The researcher developed a questionnaire and used for the data collection. The draft questionnaire was consisting of 20 questions. The questionnaire was put to the 40 experts from Gomal University to established the reliability. The final version of the questionnaire consists of only 8 questions. The reliability of this questionnaire was found to be 0.82. This questionnaire was a Likert type consisting of five options (Strongly agree, agree undecided, disagree and strongly disagree).

2.4 Procedure

The 484 copies of the final version of the questionnaire were distributed among the sample. Before distribution of questionnaire a consent from the samples were obtained. They were given one whole day time to duly fill up the questionnaire. It

was also insured that that the information which subjects will provide, will only be used for the research purpose. After one day, the filled questionnaires were re-collected and the data were arranged in the form of data matrix.

2.5 Data Analysis

The obtained data were tabulated and analyzed by using SPSS (version 12). Regression analysis was applied on the obtained data reach at the final results.

3. RESULTS

Table 1: Effect of parental constraints on sports

Model	R	R Square	F	Sig.
1	0.731(a)	0.534	553.28	0.000(a)

a-Predictors: (Constant), psb

Coefficients (a)

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	1.822	0.083		21.87	0.000
	P Co	0.508	0.022	0.731	23.52	0.000

a-Dependent Variable: Collective

Above table shows the effect of parental constraints on sports. The R square is 0.53 which means that 53% effect on sports is due parental constraints. The B is 0.50 ($p=0.000$) which means total 1 unit increase in parent and student barriers will cause 0.50 unit overall increase.

After the above all process the result shows that parental constraints make hurdles in way of sports participation among the secondary schools' students. The overall effect of parental constraints was found 53% upon sports participation among the secondary school students.

4. DISCUSSION

Such emerging concept was supported by the study conducted by Chavilton *et al.* (2010) by indicating that in the way of sports promotion there are many hurdles, among them one is the lack of awareness among the parents about the value and importance of sports at secondary school level. The findings of the study

conducted by Anderson, Funk, Elliott, and Smith (2003) also inline of the present study. According to the findings of their study, sports have a positive impact on the academic uplifting of the children. It is necessary for the parents to encourage their children for sports participation. The children who are always stressed by the parents for sports participation negatively effect on the children sports participation.

It was also documented in the study that parental support is key to children sports participation. Such findings were supported by Piko and Keresztes (2006) that involvement of children in excessive activities also affects the sports performance of the children. According to Dorovolomo and Hammond (2005) at secondary school level it is necessary for the parents to provide proper support to children for sports participation because lack of proper supports of parents creates hurdles for children participation in sports activities.

It is noticed in the study that disinterest of parents in sports greatly influence the children sports participation. The findings of the present study supported by Carroll and Hollinshead (1993) they concluded that low level of children sports in sports activities is result of parents' uninterested ness in sports. Furthermore the study of Gallop and Dolan (1981) also supported by the present study. According to them poor attitude of parents towards sports is also a hurdles in the way of sports promotion at secondary school level (McGuire & Collins, 1998).

5. CONCLUSIONS

At the completion of all the process required for research, the researchers arrived to the conclusion. On the basis of statistical analysis the researchers claimed that all the mentioned barriers earlier are significantly effect on the participation of the students in sports activities in secondary schools of KPK Pakistan. Parental constraints make hurdles in way of sports participation among the secondary schools' students. The overall effect of parental constraints was found 53% upon sports participation among the secondary school students.

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