

EFFECTS OF PARENTAL PROBLEMS ON SPORTS PARTICIPATION: A STUDY OF FEMALE ELITE ATHLETES IN KHYBER PAKHTUNKHWA, PAKISTAN

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ABSTRACT

This present study aimed to evaluate the parental concerns like finance, attitude, pressure and motivation on part of their parents with reference to female participation in sports. This study principally aimed to identify the parental problems of the female athletes in connection to their participation in sports at elite level in our Khyber Pakhtunkhwa. In addition to that, following were some of the objectives of this particular study: a) to look at the parental financial troubles faced by female elite athlete in connection to their sports participation, b) to determine the parents attitude that create hurdle in the way of female sports participation, and c) to investigate the parental pressure and motivation confronting female elite athlete in response to their sports participation. A representative sample of 140 female athletes belong to different areas of the province was selected and participated in the study. The responses of elite athletes were analyzed with the help of step-wise regression. It is concluded from the study that almost all of the athletes have parental problems like finance, attitude and lack of motivation in connection to their sports participation.

Keywords: Effects, parental problems, sports participation, female, elite athlete.

1. INTRODUCTION

Earlier female athletes were not allowed to take part in sports activities (Dyer, 1982). This fact is evident by the Ancient Olympic Games (AOG), when females

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were not allowed to participate in sports activities. However, women did not remain out of this opportunity for a longer period of time (Greenburg, 1997). During the times of the ancient Olympic Games and during the rebirth of the modern Olympic Games the characteristics of the ideal women and the traditional ideal athletes are almost opposite, so much so that women were hardly ever mentioned in conjunction with sport (Eccles, & Harold, 1991; Eccles, Jacobs, & Harold, 1990; Schneider 2000). Women were said to be soft, graceful, weak and beautiful were qualities to be good wife and a good mother (Khan, Jamil, Khan, Kareem, & Imran, 2012).

The participation of female in sports increased significantly in the twentieth century, particularly in the last twenty-five years, reflecting changes in advanced social orders that underlined sex equality (Anderson, 2005). In spite of the fact that the level of participation and performance still have variations vastly by nation and by game, women's games have wide acknowledgment all over the world (Taylor, Schweichler, Jorgensen, McKown, & Teresak, 2014). Now a day's women are participating in all kind of professional and amateur sports competitions. However, the level of participation is much fewer when it counts in vigorous and body contact sports (Dyer, 1982).

It has never been simple for Pakistani women who play sports yet they are struggling and striving a considerable amount of efforts. Pakistani women have made history, and set few examples when comes in the field of games and sports. The women of our nation are taking an interest in games and sports, as well as accomplishing numerous remarkable points of reference and resisting social desires (Marwat, Zia-ul-Islam, Waseem, Khattak, & BiBi, 2014). On the other hand, females have numerous problems with reference to their participation in sports to reach at elite level (Khan, *et al.*, 2012). There may be different problems that need to be identified. In this connection, family is the fundamental element of any society, which has direct influence on the overall development of related individuals. As far as sports participation is concerned, it can be said that there is a positive relationship between sports participation and family support. In a research study, MacIntosh (2012) asserted that parents provide an essential support system for their children in sports participation. In a similar study, Klein (2007) found that parents make a substantial contribution in terms of financial support to their children in sports participation.

In Muslims countries of the world, sports participation among female folk is considerably poor (Yuka, 2002; Marwat, *et al.*, 2014). The researcher realized that females in Pakistan and especially in Khyber Pakhtunkhwa are generally poorly represented in sports at different level and this poor situation becomes more evident when female showed hopeless participation at elite level. Most of the researcher from different locality conducted researches, to assess the influence of various problems with reference to female athletes in response to their participation in sports (Khan, *et al.*, 2012; Marwat, *et al.*, 2014). In our society participation of

female in sports activities depends upon the perception and support of parents (Welk, Wood, & Morss, 2003). If they have clear perception regarding fruitful outcomes of sports participation, then they will allow their wards to participate in sports (Kanters, Bocarro, & Casper, 2015). But if otherwise, then not only sports will decrease but they will discourage their wards from participation in sports activities. This infuriating thoughts inspired the researcher to conduct a study in order to identify the parental problems with special reference to sports participation among female section in KP, Pakistan. The present study was confined only to the parental concerns with reference to sports participation of female elite athletes. The parental concerns comprised parental financial supports, attitude and parent's pressure and motivation with reference to female participation in sports activities.

2. METHODS AND MATERIALS

2.1 Study Participants

All the athletes having participation in different games constituted a large group of population, which was named as female elite athlete, having participation in different sports at National and International level competition.

2.2 Research Design

Different research techniques are used to conduct any particular research depending upon the nature and state of problem. In this particular study, survey technique was used to obtain desirable results.

2.3 Research Ethics

A formal approval by the department concerned and athletes as well, was obtained and they both agreed to give response in conducting this particular study. The researchers also discussed the outcomes of study and assure them that their responses in this regard will only be used for research purposes.

2.4 Instrumentation

Questionnaire is the most common and prevailed instrument to be used for data collection particularly in survey research. A questionnaire is a research gadget containing a sequence of queries and other stimuli for collecting evidence from respondents. Even though, they are frequently planned for statistical investigation of the replies. As this particular study was carried out by questionnaire, therefore, to collect the required data, a questionnaire with appropriate questions constructed

with the help of supervisor and related literature was prepared and used for data collection.

2.4.1 Validity and Reliability of the Questionnaire: Instruments have validity when they are suitable for a specific purpose and a particular population. When it is said that an instrument is valid, it means that it measures what it is supposed to measure at the time it is being used, and the results generalizable to the intended target population. Validation evidence was collected through pilot studies. In assessing the Internal Consistency Reliability of the scales, the Cronbach Coefficient Alpha formula was used and results were calculated with the help of computer. To measure a respondent's perception of the usefulness of scale, a scale of Parental Problems Faced by Female Elite Athlete based on previous research, current practices, and available literature was developed and used.

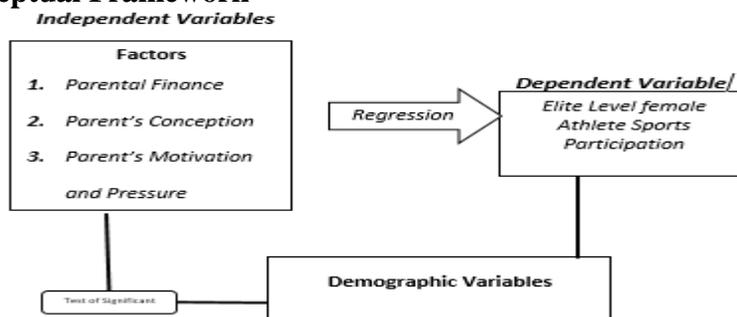
2.5 Data Collection Procedure

For this purpose of data collection, the researcher personally visited different national camps of different games and educational institutions and collected data from the respondents. In addition, some questionnaires were sent to the respondents through researcher's teachers and students as well. The valid and reliable scale was distributed among 140 female elite athletes of different games. The female elite athletes were proportionately selected from the entire population. One hundred and thirty-four (134) athletes have returned the questionnaire. 4 invalid questionnaires from the respondents were excluded from the study, and thus entertained 130 valid questionnaires for analysis of data.

2.6 Statistical Methods

With the intention of testing hypotheses, data collected were analyzed by using step-wise regression using the Statistical Packages for Social Sciences (SPSS) version 16.0.

2.7 Conceptual Framework



3. RESULTS

Table 1: Step-wise regression showing the effect of different predictors upon female participation in sports activities

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.69 ^a	0.47	0.47	0.44
2	0.83 ^b	0.69	0.69	0.34
3	0.85 ^c	0.73	0.72	0.32

a. Predictors: (Constant), Parental Financial Support

b. Predictors: (Constant), Parental Financial Support, Parents pressure and motivation

c. Predictors: (Constant), Parental Financial Support, Parents pressure and motivation, Parent Conception

Table 2: Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	
	B	Std. Error	Beta			
1	(Constant)	1.65	0.10	16.15	0.000	
	Parental Financial Support	0.45	0.04	0.69	12.69	0.000
2	(Constant)	0.96	0.10	9.76	0.000	
	Parental Financial Support	0.35	0.03	0.54	12.48	0.000
	Parents pressure and motivation	0.31	0.03	0.49	11.35	0.000
3	(Constant)	0.78	0.10	7.62	0.000	
	Parental Financial Support	0.31	0.03	0.48	11.03	0.000
	Parents pressure and motivation	0.31	0.03	0.49	11.97	0.000
	Parent Conception	0.12	0.03	0.19	4.57	0.000

Table 1 and 2 shows the step-wise effect of different predictors on sports participation of female. The three different model have been presented. The adjusted R Square of 1st model is 0.47 which indicate that 1st model is super fit. The R square 0.47 of first model indicate to the effect of Parental Financial Support is 47%. The adjusted R Square of 2nd model is 0.69 which indicate that the second model is also super fit and when the second model added with the R square value is 0.69 that the overall effect is 69%. The adjusted R Square of 3rd model is 0.72 which indicate that the third model is also super fit and when the third model added than model summary indicate that the R square is 0.73 which means that overall effect increased 73%.

The B positive of first model is 1.65 which indicate that if one unit increase in 1st model will cause of 1.65 unit increase in dependent variable. The B positive of 2nd model is 0.96 which indicate that if one unit increase in 2nd model will cause of 0.96 unit increase in dependent variable. The B positive of 3rd model is 0.78

which indicate that if one unit increase in 3rd model will cause of 0.78 unit increase in female participation in sports activities.

The *p*-value of all data is 0.000 which is less than the alpha level 0.05 ($p=0.000 < \alpha=0.05$) which indicate that that the step-wise effect of different variables is significant upon female participation in sports activities.

4. DISCUSSION

From the statistical analysis it is found that 47% effect on female sports participation is due to lack of Financial Support on part of their parents in connection to sports participation of female athletes. It is also find out that the adjusted R Square of 2nd model is 0.69 which indicate that the second model is super fit when it is added with the R Square then the value is 0.69 which means that the overall parental attitude effect is 69%. As far as pressure for win and motivation is concerned, the data showed that which that 73% effect on female sports participation is due to lack of motivation and pressure to win.

The findings based on the data revealed that parents' concerns are significantly an obstacle in the way of sports participation among female athletes. Pelak (2005) asserted that parental involvement had significant effect in their children sports participation. The study also showed that parents support in term of finance and facilities may be barriers in the way of sports participation of their children. Billings (2000) stated that the role of parents awareness regarding benefits of sports participation significantly effect on their children sports participation. Whereas, Choudhary (2009) indicated that parent's interest and motivation are significantly hinder in the way of female sports participation. This was almost in accordance with the findings of Gewrewal (2006) who found that parents have influential role in the process of women in to sports participation. He further stated that family served as a strong socializing agent during childhood. Hodden (2010) asserted in his study that parents in the most dominant factor in connection to the sports participation of female in their life cycle. Further, the findings suggested that their parents support is significantly hinder the participation level of their children. He further stated that parents had significant effect upon sports participation of their children.

5. CONCLUSIONS

It is concluded from the study that almost all of the athletes have parental problems in connection to their sports participation. Parental support in terms of finance, attitude and motivation are considered as very influential tools for their children sports participation. It has been concluded that the respondents had hopeless parental support in connection with their sports participation. Greater difference

has found regarding the positive attitude of their parents about their female children sports participation. It is also concluded that a very little portion of the population's parents aware of the benefits of their female children sports participation.

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