

Analyzing The Barrier To Sport Participation Among The Bs Students Of Government Collage Peshawar: A Comprehensive Research Study



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Abstract: The Active sports participation developing various positive qualities in students is essential for achieving success in all walks of life. The main objective of this study was to find out the reason of less participation of BS students in sports. The study was contribute positively towards the enhancement of student's participation in sports. The population for the study was consists of 1634 BS students of Government Collage Peshawar which currently enrolled in different department. A number of 320 students was selected as sample according to krejcie morgan table. The data was collected through self structure questionnaire.. A structured questionnaire of 5-point likert scale were distributed BS students of Government Collage Peshawar to gather quantitative data on their participation in sports.. The SPSS V25 Software for statistical analysis was used to examine quantitative data. The results of the study indicated that there were significant effects of barriers regarding lack of parental and social interest, neglecting sports activities in the college timetable, busy study schedule, acquiring high cGPA, mobile and computer based recreation activities, parental preference of academic achievements over physical activities. The students responses revealed that the primary hindrances to participating in sports are Computer based recreation activities 79%, Lack of parental and social interest 75%, Acquiring high cGPA 67%. It is recommended that the government should allocate proper fund for sports and increase sports budget in annual developmental program for government college Peshawar. Arrange sports seminars in different departments to educate students about the importance of sports and its benefits, encouraging them to participate actively in sports.

Keywords: Sports participation, barriers analysis, BS students, government college peshawar, Participation Obstacle

Introduction

The perception of sports involves engaging in competitive and team-based activities that necessitate specific rules, venues, timing, skills, and techniques for various organized groups of individuals. Football

(Soccer), Basketball, Cricket, Tennis, Golf, Baseball, American Football, Rugby,

Athletics/Track and Field, Swimming, Ice Hockey, Badminton, Table Tennis, Volleyball, Boxing are the some of major Sports. The Oxford English Dictionary describes sports as an “ activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment”. Ifedi, F. (2008). stated that, sports activities

involve two or more participants engaging in competitive endeavors with defined rules, skills, and techniques.

Sports are widely acknowledged to play a crucial role in fostering essential life skills and promoting positive youth development (Khan, W., Khan, S., Arif, T., & Khan, S. R. 2019). State that sports are widely recognized for their significant role in helping people develop important life skills and fostering positive growth in young individuals. Life and sports are inseparable companions. Engaging in sports activities fosters well-being, extends lifespan, refines human behavior, and enhances the efficiency of participants. Its believe that sports Play a crucial role in Shaping the individual into productive and valuables members of society (Khan MY, Jamil A, Khan UA, & Camiré M, Trudel P, Forneris T. Kareem U 2012). Playing sports helps you become a better person by teaching you important things like working with others, staying strong in tough times, and being a leader. It's not just about being active, it's about learning skills that help you in life.

Sports have become an essential part of the schools, Colleges, and universities in Pakistan. Diverse sports events including Inter-scholastic sport, Inter-collegiate sports, and Intervarsity sporting events, offer the chance for students to participate in sports at varying levels. This Active participation developing various positive qualities in students is essential for achieving success in all walks of life. However, sports participation often requires a wide range of sports facilities and support, which are insufficient in most educational institutions, creating barriers for students to participate in sports activities. Our Study aims to analysis the barriers of sports participations in the way of students. Barriers to sports participation among students are multifaceted, influencing their engagement in physical activity. Barriers in sports participation encompass any obstacles, hindrances, or challenges that limit individuals from engaging in sports activities. These hurdles can range from personal factors to external circumstances,

Our study centers on the BS students of Government college Peshawar sports

participation Government College Peshawar, as an educational institution, plays a crucial role in shaping the academic and personal growth of its students. However, understanding the challenges that BS students face in accessing and participating in sports activities is essential for promoting a well-rounded educational experience. The identification of these barriers will contribute to informed strategies and interventions aimed at enhancing sports engagement among the student body. The purpose of this study to analyse the barriers face by the Government college Peshawar students while participating in sports and investigate the perception of Students regarding sports. The Government college Peshawar have a significance achievements in sports with the academic excellence. Talented athletes from Government College Peshawar have excelled at regional , national and international levels, bringing pride to the institution but recently unfortunately there is the low sport participation rate among the BS of Government college Peshawar concerned. The Government college Peshawar participate in 16 games across different tournaments. The BS Students of Government college Peshawar participation very mean in these sports tournaments. The problem stated that why the BS Students sports participations is very mean. So the intention of the research is to find the reason of less participation of students in sports and to identify these barriers which make difficult for students to participate in sports.

OBJECTIVES OF THE STUDY

To find out the reason of less participation in Sports.

To propose strategies for enhancing sports participation of BS students.

RESEARCH QUESTIONS:

What are the reason of less participation of students in sports?

What strategies can be implemented to overcome these barriers and promote sports participations?

SIGNIFICANCE OF THE STUDY

The study will contribute positively towards the enhancement of student's participation in sports. The study will be Beneficial for both students and faculty members . This research holds significance as it addresses a gap in the current understanding of sports participation among BS students. Identifying barriers will enable the college administration, educators, and policymakers to implement targeted interventions, creating an inclusive sports culture that benefits the physical and mental well-being of students. The results of this study are expected to bring advantages not just to Government College Peshawar but also to other educational institutions.

LITERATURE REVIEW

Existing literature on student participation in sports globally underscores the multifaceted impact on academic, social, and physical dimensions. Numerous studies affirm a positive correlation between sports engagement and academic achievement, attributing improved cognitive function and time management skills to athletic involvement. Participation in physical activity without doubt has many benefits especially to students at all levels (Sayyid, S M., Zainuddin, Z. A. B., Ghabban, F. M., & Altowerqi, Z. M. 2021). According to a study by Danish et al. (2004), playing athletics improves a person's capacity to tolerate physical and mental stress, which in turn improves their ability to carry out daily duties with grace. Additional research confirms that people who participate in a variety of sports exhibit a high degree of adaptability and become valuable members of society. The primary objective of university sports is to enhance the mental and physical well-being of young individuals, develop their fitness and instilling qualities that contribute to their development as responsible citizens. Participation in physical activities and sports consistently proves beneficial for students, positively impacting their academic performance (Yu et al., (2006) & Jagiello et al., 2017) The existing literature strongly supports the idea that student participation in sports has multifaceted benefits, including improved academic achievement, enhanced cognitive

function, and the development of crucial life skills. Numerous studies highlight the positive correlation between sports engagement and academic performance, emphasizing the role of physical activity in fostering mental and physical well-being. The research consistently underscores that sports not only contribute to academic success but also play a pivotal role in the holistic development of students, instilling qualities that are valuable for their future as responsible citizens. Considering the importance and positive impact of sports activities, it is crucial to actively promote and facilitate maximum participation, particularly among students, to ensure they derive optimal benefits from it.

METHODOLOGY

Researcher has applied the quantitative approach of methodology to “analyzing the barriers to sports participation among the BS students of government college Peshawar “ the data was collected from the deferent department students of government college Peshawar with the help of questionnaire. Analysis of the collected data enabled the identification and attainment of the study's goals.

POPULATION

The population of this study was the total 1634 number of BS students studying at government college Peshawar in deferent departments

SAMPLE SIZE

Using standard sample determination table of Krejcie and Morgan, 320 students were selected as sample size. The researcher selected 20 students as sample for each department, further dividing them into groups of 4. This decision was made because there are students enrolled in 4 semesters in each department. Consequently, the researcher picked 5 students for each semester as samples. The sampling technique was simple random sampling technique.

DATA COLLECTION

The was collected from the selected students through structure questionnaire of 5 point lekert scale.

DATA ANALYSIS

After collection of data, appropriate statistical test (Crosstab) was used to analyze data. Computer software SPSS 25 was used in data analysis

FINDINGS AND DISCUSSION

The aim of this study was to know the prevailing barriers among the BS students of government college Peshawar . Results demonstrated that there were significant effects of the barriers

regarding that Lack of facilities, lack of parental and students interests, insufficient support of government, tough and Busy academic schedule, time Constraints and gernal approach towards sports participations is weak is the prevailing barriers For the BS students to participate in sports data presented in table shows that there were significant variation among respondents for their views regarding the barriers of spots participation Data revealed the following findings:

FINDINGS

Questions Table

Barriers	Respondents,	View			
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Government's Provision of facilities	40	103	52	102	22
Parents Focus academic	79	155	27	48	11
Students less interests	52	175	45	31	17
Availability of coaches	31	128	54	69	36
College administration interest	38	136	47	69	30
No space in BS calendar	61	132	50	53	24
College time table	89	146	19	40	25
Bookish study	69	111	40	79	20
Busy study schedule	61	144	38	52	24
Lack of awareness	58	158	45	41	18
Computer based recreation	114	140	24	127	14
Weak approach to physical activities	63	172	30	42	11
DPE's interest	55	156	163	37	8
Lack of confidence	35	130	60	63	30
Fear of injury	51	82	52	89	46
Acquire high CGPA	73	143	35	39	29
Parental and social interest	61	173	38	29	18
Time constrains	53	172	45	31	16

Our study Findings indicates that several factors influence the active sports participation of BS students at Government College Peshawar. As highlighted in our research, BS students face diverse barriers in sports participation. However, major hindrances based on respondents' opinion are presented in percentage mobile and computer based recreation activities 79% , lack of parental and

social interest 75% , weak approach towards physical and parental preference of academic achievements over physical activities 73% , Students less interest 71% , Neglecting sports activities in the college timetable. 70% , Lack of awareness 67%, Acquiring high cGPA 67%, Busy study schedule and DPEs interests 65%.

CONCLUSION

Our study Concludes that the main barriers in among BS students of government college Peshawar are the lack of parental and social interest , neglecting sports activities in the college timetable, busy study schedule, Acquiring high cGPA, mobile and computer based recreation activities, parental preference of academic achievements over physical activities , insufficient support of government respect to physical at the college.The possible causes of these barriers are the insufficient support of government, strictly academic schedule, weak gernal approach towards physical activity, similarly students self less interest andp lack of awareness in parents. Our study findings also support by the Daskapan Tuzu and Eker (2006) and Khan, W., Arif, T., & Hussain, F. (2022) .Dorovoloma and Hammond (2005) Iqbal, Z., & Rashid, A. (2017).

RECOMMENDATIONS

Based on the findings of the study, it is recommended that,

1. The government should allocate proper fund for sports and increase sports budget in annual developmental program for government college Peshawar.
2. Arrange sports seminars in different departments to educate students about the importance of sports and its benefits, encouraging them to participate actively in sports.
3. Sports week which is important phase of an academic calendar should be observed at college
4. The administration of the college may grant special concessions to sports students in attendance.
5. Interest of director physical education (DPE) in sports has great effect on sports activities, therefore he may be motivated and in incentives should be given for good performance regarding sports activities.
6. Provide flexible scheduling for sports activities to accommodate students' study

schedules. This could include offering sports practices and games at different times of the day or week.

7. 9. The college should observe Sports Week, an important phase of the academic calendar.
8. 10. The faculty of physical education and sports science may arrange open sports trials for different games among the BS students.

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