

# PERCEPTION REGARDING SPORTS PARTICIPATION OF FEMALES OF GILGIT BALTISTAN

Muhammad Zafar Iqbal Butt, Muhammad Abdul Jabar Adnan and Misbah Hina

## ABSTRACT

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*The primary objective of this study was to examine the perception toward sports participation of female of Gilgit Baltistan there research found that there is a lot potential for sports in this region of Pakistan so it was investigated that how much the female students of Gilgit Baltistan enthusiastic for participation in sports in their home land. For this purpose, quantitative study based on survey research method was done in which sample comprised of 200 students from Gilgit Baltistan. Data were collected through survey method using questionnaire having 20 close ended questions measured on five-point Likert type scale. Overall results showed that majority of the students have positive perception toward sports participation and feels that sports has a positive impact in their life. It is suggested that this research should be done on larger population to authenticate it and in light of that, there should be encouragement of females of Gilgit Baltistan for sports participation and proper facility should also be provided to them to expedite their progress in sports.*

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**Keywords:** Sports, Gilgit Baltistan, Sports Participation, Perception

## 1 Introduction

### 1.1 Introduction and Background of the Study

Sports is a perplexing marvel which goes about as an imperative operator of both social change and social control and alters and characterizes female jobs in the public eye on the loose. Sports makes and reflects strains

encompassing meanings of gender and gender orientation jobs, and maybe more obviously than some other organization uncovers how status, capacities and power are doled out based on natural contrasts (Carrigan, 1985). In light of the specific spot of the body in meanings of women, and

on account of the assault of females' game on physical standards, the components that controlled and subjected females the most boundaries to women's support in game were among the last to fall (Kane, 1996). Sports assume an imperative job in physical, mental, enthusiastic, social and mental advancement of its members with no segregation of sexual orientation (Khan et al., 2012). From a wellbeing viewpoint, Physical activity is viewed as an imperative wellbeing conduct, which can be arranged, alongside psychosocial factors, like control, confidence, social help and underestimation (Turrell, 2002). Gilgit-Baltistan in the past known as the Northern Areas is the northern most authoritative region in Pakistan. It fringes Azad Kashmir toward the south, the region of Khyber Pakhtunkhwa toward the west, the Wakhan Corridor of Afghanistan toward the north, the Xinjiang locale of China, toward the east and upper east, and the Indian-regulated territory of Jammu and Kashmir toward the southeast (Kazim et al., 2015). It had an expected populace of 1,800,000 out of 2015. Its capital city is Gilgit (populace 216,760 est) (Ali, 2017). An increasingly

large number of women in Gilgit-Baltistan are well educated, socially mobilized and economically resourceful, despite of the fact that the societal structure is patriarchal with strong cultural, economic, and religious constraints (Zafar, 2016). Women do not have opportunities to participate in sports but their engagement in sports has been steadily increasing due to sports events arranged by private schools and other organizations. Sports girls of the Gilgit Baltistan are multi-talented they are involved in more than one game. They are also well determined in sports and in education. They give equal importance to education and sports (Laffaye, 2010). All players are educated and students of different universities and colleges studying at sport scholarship in different subjects. They are students from Punjab University, Lahore College for girls, Gujarat University, Islamic university, Karachi University. They are studying physical education, arts, sociology, mass communication, ICS and physics. All are very much motivated for both education and sports (Laffaye, 2010). A few famous International players of Gilgit Baltistan are Samina Khayal Baig is a

Pakistani high-elevation mountaineer. She is the main Pakistani lady and the third Pakistani to climb Mount Everest. She is additionally the most youthful Muslim lady to climb Everest, having done as such at 21 years old. Samina is likewise the principal Pakistani lady and the main Muslim to climb the seven summits. She was the first to climb the pinnacle Chashkin Sar (over 6,000 meters) in Pakistan in 2010, which was later renamed Samina Peak after her. She achieved the summit of 'Koh-I-Brobar' ('Mount Equality') in 2011. The Wali Sisters, Amna and Afra Wali made history by winning Gold and Bronze medals at the South Asian Games, in skiing competitions. They initially have a place from region Ghizer of Gilgit-Baltistan, the Walis' experienced childhood in Gilgit city. From that point onward, there were numerous firsts for the Wali sisters, and they are presently the principal young ladies to contend in the current Olympic qualifiers. Malika Noor is the captain of the Pakistan Army female football team and vice-captain of Pakistan female National football team. Diana Baig, A 20-year-old grew up playing road cricket and football

with other kids in the superb Hunza Valley. From the boulevards, Baig started playing in network occasions and for nearby teams, In 2012, she was chosen for Pakistan's A side, and afterward as a spare player for the 2013 World Cup. In 2015 she at long last won her first worldwide top, playing for Pakistan against Bangladesh.

### **1.3 Significance and Objectives of the Study**

The aim of this was to utilize the sociological model to inspect the wide scope of components which exclusively and intelligently influence cooperation in sports and Physical Activity for as of now dynamic provincial young ladies of Gilgit Baltistan. An optional point is to talk about the effect on cooperation in sports and Physical Activity of the conceivable move far from their home network after consummation of auxiliary tutoring. At long last, scientists looked to investigate the apparent obstructions to Physical Activity interest for inert rustic young ladies. Expanding cooperation in standard physical action is a national wellbeing need for some industrialized countries. Mediations are best when

they adjust the hidden factors that impact physical action. In this way, contemplating "determinants" or associates of physical movement is a critical essential for structuring pertinent arrangements and powerful projects (Thomas, 2007). So, on behalf of these factors, the following were the objectives of the study;

- To identify the reason that why women of Gilgit Baltistan are choosing the sports field.
- To evaluate the major factor of choosing the sports field.
- To promote sports field in remote area of Pakistan as in Gilgit Baltistan.

## **2. Literature Review**

### **2.1 Muslim Women and Sports**

Islam urge the ladies to take an interest in games, subsequent to watching Islamic clothing regulation, to advance great well-being and wellness and to keep up sound way of life however their ethnicity, culture, profound and physical difficulties oblige them to take an interest in games. Additionally, sports isn't viewed as a decent movement for ladies in Muslim nations and guardians, relatives, relative and society individuals dishearten the ladies

to take an interest in games and physical exercises (Ghosh, 2015). The first lessons of Islam, really supporting physical and other-worldly advancement of both genders, were eclipsed by other prohibitive social impacts. A change is occurring, yet all around gradually (Sfier, 1985).

The connection between youthful Muslim ladies' personality work and their association in sports and physical exercises. The examination depends on life-history interviews with 21 Muslim ladies with migrant foundations living in Norway, matured somewhere in the range of 16 and 25 years (Walseth, 2006). The investigation shows how youthful Muslim ladies' personality work is impacted by their ethnic and religious aggregate characters. While a portion of the ladies arrange themselves obviously inside their ethnic personality, others challenge the limits of their ethnic character and a portion of the young ladies' center more around religion than ethnicity (Walseth, 2006). The investigation represents two noteworthy examples that interface youthful Muslim ladies' character work to their contribution in game and phy-

sical action. Thusly, young ladies who position themselves obviously inside the system of their ethnic characters are not keen on game on the grounds that doing brandish isn't viewed as a good womanliness. The young ladies who challenge the perfect of gentility by taking an interest in game have encountered being endorsed or bugged on the grounds that they take an interest in game (Walseth, 2006).

## **2.2. Muslim Women and Sports Participation in Pakistan**

A research was directed to think about the interest of Muslim young ladies and ladies in games and theory of Islam. The number of participants in this investigation were all female students of Government Girls Degree Colleges of District Dera Ismail Khan. Complete 100 respondents chose from inside the populace through helpful or accessible testing system (Khan et al., 2012). The purpose of the study was to think about the support of Muslim young ladies and ladies in games and theory of Islam in such manner. The aftereffect of the investigation further affirmed that Islam urges the ladies to take an interest in games for good

wellbeing, wellness and solid way of life in the wake of watching the Islamic clothing standard (Khan et al., 2012).

## **2.3 Sports in rural areas**

Research investigations from a few nations demonstrate that young ladies with a migrant foundation take part in sorted out games to a lesser degree than other youngsters. Hindrances identified with culture and religion serves in a significant number of these examinations as clarifications. For teenagers, the principle open doors for Physical activity are school physical education classes, sorted out game and chaotic or unstructured exercises, for example, strolling (Walseth, 2014). Moreover, the craving to prevail in training is probably going to influence sport interest for country young ladies more so than their metropolitan partners. Rustic living youths are viewed as instructively impeded, and subsequently they have to examine particularly hard and might be compelled to make increasingly close to home forfeits so as to succeed instructively (Harvey et al., 2010).

No writing was recognized which explicitly analyzed the effect of life change on game and Physical Activity conduct in rustic living pre-adult young ladies. This is especially essential given the wellbeing and Physical Activity status of the country populace and the way that dynamic kids and teenagers are extensively bound to be dynamic as grown-ups (Walseth et al., 2007). Notwithstanding the advances, the young ladies were as of now encountering in moving far from club game to individual sports activities, and in a general decrease in game and Physical activity, there was much discourse about not so distant life changes. They talked about the significance of having introductory chances to create abilities (physically and socially) in the provincial setting, to furnish them with the certainty to be dynamic in bigger urban focuses. In any case, even the most dynamic and sure members expressed that they would think that it's hard to approach and join sports clubs in these bigger urban focuses (Harvey et al., 2008). Family was viewed as essential to the young ladies' contribution in game and Physical Activity. Guardians addition-

ally bolstered the young ladies by watching, indicating general enthusiasm, empowering, training them sport-explicit aptitudes and transporting them to exercises (Harvey et al., 2008).

### **2.3.1 Sports in Remote Areas**

Sport is frequently considered as a critical piece of life in provincial Australia, adding to network character, feeling of spot, social cooperation and great wellbeing. The inclusion of provincial natives in game likewise can possibly add to social capital (Tonts, 2005). Specifically, it considers the manners by which sport goes about as a vehicle for the creation and articulation of social capital. The paper likewise considers the supposed darker side to social capital, and the degree to which this is obvious in the Northern Wheat belt. The paper demonstrates that sport is a vital field for the creation and upkeep of social capital. Notwithstanding, it is additionally evident this is being disintegrated because of more extensive procedures of financial and social rebuilding in provincial Australia (Tonts, 2005).

Afghan ladies have made advances in focused games, for example, boxing, combative techniques and soccer. Thus, it is a fortunate time to have a more critical take a gander at a rousing genuine story of an Afghan-American lady conveying eight Afghan youngsters to the United States for soccer camp and how playing soccer changed the lives of these young ladies. In the pages of Kabul Girls Soccer Club, Awista Ayub intertwines her own story as an Afghan-American, the young ladies' close to home battle to play soccer and hard-hitting substances like war, persecution, relocation and destitution. Afghanistan wound up synonymous with "fear-based oppression" as the preparation ground of the individuals who arranged and did the assaults. Regardless of the way that her family fled when she was two years of age, and had not returned (Ayub, 2006). Afghanistan was her country, and that she had a task to carry out in changing the destiny of the nation. So, she started the Afghan Youth Sports Exchange (AYSE), a program that would convey Afghan youth to the United States to prepare in different games. This article takes

note of that there is as yet that mass of conservatism among high positioning authorities, (for example, the head of physical instruction at the Afghan Ministry of Education) (Ayub, 2006).

## **2.4 Sports in Mid-western Countries**

A research was conducted on sports and physical Emancipation of English women by using the quantitative method she finds out the importance of women sports participation which is an important agent for social change and social control. The struggle of women's in sports field in a male oriented society. Normally in some conservative area's sports were compared with some rituals and values. This embodies a patriarchal control and gender inequality (McCone, 1988).

## **2.5 Sports and Gender Relation**

The gender connection of sports in the past was unmistakably and prominently manly. From the earliest starting point ladies in game were the 'other sex'; they were pariahs, new-or mavericks who, on the off chance that they were permitted to by any means, could partake in 'reasonable'

types of activity and game. The feeling that sex contrasts in game are bit by bit losing their unmistakable bends must be tested, or if nothing else qualified, when one investigates sex inclinations with respect to the games taken up (Pfister, 2010).

Considered that before 1970 how ladies were underrepresented in specific fields there was less portrayal of ladies in games fields. A government law, the Amateur Sports Act of 1978, was laid by the sexual orientation value cognizance produced by Title IX and the issue of uncalled for national group determination for Olympic, Pan American, big showdown, and other global games. Ladies and young ladies, people of shading, and those with physical inabilities were for all intents and purposes missing from various associations (Lopiano, 2000).

## **2.6 The Social Emancipation of Women through Sport**

Sport has changed the picture, status and even the state of ladies in recent years. The open reality of ladies showing cerebral and physical ability, quality, bravery and elegance, winning acknow-

ledgment for club and nation, on-  
self acting picture and real freedom related with game are largely serving to advance the thought of autonomous ladies acting in their very own right (Riordan, 2007). In spite of the social or social assents against ladies' support in games, Nigerian ladies have made an astounding leap forward in game interest which up to this point had been the restrictive space of men. This change can be credited to the effect of social contact between Nigerian conventional culture and that of the Western world. The effect is considerably more prominent - despite the fact that liberation undeniably increasingly extended and difficult in networks in which ladies have, by law or show, been rejected from open life and debilitated from exposing face, arms and legs in broad daylight. Truth be told, some multi-ethnic networks have purposely utilized game to separate partiality and addition a proportion of liberation for ladies (Riordan, 2007).

Conflicting highlights of the developmental long stretches of ladies' game contended that amid the developmental long stretches of female games that is from mid



nineteenth century to the mid twentieth century the authentic utilization of the female body was reclassified to symbolize progressively dynamic yet by and by still subordinate job, when contrasted and men. It has been contended that the relationship of ladies with the residential circle and her job in the family unit was a cutting-edge creation. Be that as it may, it turns into a famous thought which characterizes what a lady were, and which straight forwardly identified with her being female (Hargreaves, 1985). An article here portrays the advancement of ladies' game in Portugal over the most recent three many years of the twentieth century. These were years following the 'Fair unrest' of 1974, when ladies increased more prominent self-rule and new chances to partake in physical and wearing exercises, yet still at a frosty pace and generally in what have been viewed as female-fitting games, for example, aerobatic, swimming and pony riding sports (Barton, 2004).

### **3 Research Methodology**

Quantitative approach of research was employed for the study in which structured and close

ended questions were used to collect primary data. The study was based on applied research which addresses specific practical questions and gives usable concrete answers on five point Likert type scale starting from strongly agree to strongly disagree as 1 for strongly agree (SA), 2 for agree (A), 3 for neutral (N), 4 for disagree (DA) and 5 for strongly disagree (SD) in this research work for better quality of sample population opinion and better quality of research. Questioners was trendy and primarily tackle the mental approach for acquiring knowledge on public information and opinions of sports participation of females of Gilgit Baltistan. Data was collected through survey method using simple random sampling technique in the form of questioners as data collection tool from the sports participating females of Gilgit Baltistan. It was made mandatory that selected population must fulfill the requirement of research. 200 students of different age group with the age segregation of 17-21 years, 21-25 Years and Above 25 Years were selected as sample to fill the questionnaire. Validity of the research instrument was ensured by opinion of

experts. Reliability of the study was done using Cronbach Alpha (.790) which showed that the data collection tool was reliable. The confidence level was 95% which

means alpha value was .05 which means refers to significance level, the probability of making a Type-I error.

#### 4 Results and Data Analysis

**Table-4.1**  
**ANOVA Test on Age Groups**

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.008	2	.004	.038	.963
Within Groups	21.768	197	.110		
Total	21.776	199			

Where  $\alpha = .05$

Table 4.1 shows that there is no significant difference among different age groups regarding statements of data collection tool.

**Table-4.2**  
**Frequency distribution and chi-square value of students regarding statement "I participate in sports because I think this field is suitable for my professional career".**

Statement: 1	Scale	Observed Number	Expected Number	Chi-Square	Sig.
I participate in sports because I think this field is suitable for my professional career	Agree	76	40.0	96.450	.000
	Strongly Agree	59	40.0		
	Neutral	49	40.0		
	Disagree	14	40.0		
	Strongly Disagree	2	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.2 shows that the response of 76 students were Agree (A), 59 strongly agree (SA), 49 were Neutral (N), 14 Disagree (DA) and 2 students were strongly disagree (SD) about the statement 'I participate in sports because I think this field is suitable for my professional career'. The chi square ( $\chi^2$ ) value of this statement is 96.450 with significance value of .000 which is less than .05 which means that majority of the students have opinions that sports is suitable for their professional career.

**Table-4.3**  
**Frequency distribution and chi-square value of students regarding statement "I do sports because of my interest in this field".**

Statement:2	Scale	Observed Number	Expected Number	Chi-Square	Sig.
I do sports because of my interest in this field	Agree	84	40.0	163.900	.000
	Strongly Agree	83	40.0		
	Neutral	23	40.0		
	Disagree	9	40.0		
	Strongly Disagree	1	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.3 and shows that the response of 84 students were Agree (A), 83 strongly agree (SA), 23 were Neutral (N), 9 Disagree (DA) and 1 student was strongly disagree (SD) about the statement 'I do sports because of my interest in this field'. The chi square ( $\chi^2$ ) value of this statement is 163.900 with significance value of .000 which is less than .05 which means that majority of the students have opinions that students participated in sports because of their own interest in the field.

**Table-4.4**  
**Frequency distribution and chi-square value of students regarding**  
**the statement “I participate in sports with the help of someone’s**  
**counseling and assistance”.**

Statement: 3	Scale	Observed Number	Expected Number	Chi-Square	Sig
<b>I participate in sports with the help of someone’s counseling and assistance</b>	Agree	33	40.0	63.100	.000
	Strongly Agree	77	40.0		
	Neutral	53	40.0		
	Disagree	21	40.0		
	Strongly Disagree	16	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.4 and shows that the response of 33 students were Agree (A), 77 strongly agree (SA), 53 were Neutral (N), 21 Disagree (DA) and 16 students were strongly disagree (SD) about the statement ‘I participate in sports with the help of someone’s counseling and assistance’. The chi square ( $\chi^2$ ) value of this statement is 63.100 with significance value of .000 which is less than .05 which means that majority of the students have opinions that maybe they participate in sports with someone’s counseling and assistance.

**Table-4.5**  
**Frequency distribution and chi-square value of students regarding**  
**statement “I participate in sports because I think I’m physically**  
**strong for this field”.**

Statement:4	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I participate in sports because I think I’m physically strong for this field</b>	Agree	76	40.0	107.650	.000
	Strongly Agree	74	40.0		
	Neutral	27	40.0		
	Disagree	17	40.0		
	Strongly Disagree	6	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.5 shows that the response of 76 students were Agree (A), 74 strongly agree (SA), 27 were Neutral (N), 17 Disagree (DA) and 6 students were strongly disagree (SD) about the statement 'I participate in sports because I think I'm physically strong for this field'. The chi square ( $\chi^2$ ) value of this statement is 107.650, with significance value of .000 which is less than .05 which means that majority of the students have opinions that maybe they participate in sports because being physically strong and fit.

**Table-4.6**

**Frequency distribution and chi-square value of students regarding statement "I do not participate in sports because I think women are not accepted and appreciated in this field".**

Statement: 5	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I do not participate in sports because I think women are not accepted and appreciated in this field</b>	Agree	16	40.0	24.350	.000
	Strongly Agree	55	40.0		
	Neutral	35	40.0		
	Disagree	42	40.0		
	Strongly disagree	52	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.6 shows that the response of 16 students were Agree (A), 55 strongly agree (SA), 35 were Neutral (N), 42 Disagree (DA) and 52 students were strongly disagree (SD) about the statement 'I do not participate in sports because I think women are not accepted and appreciated in this field'. The chi square ( $\chi^2$ ) value of this statement is 24.350, with significance value of .000 Which is less than .05 which means that majority of the students have opinions they do not participate in sports because they think sports is not accepted for women in the region.

**Table-4.7**  
**Frequency distribution and chi-square value of students regarding statement “I participate in sports because I want to promote sports in the region”.**

Statement: 6	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I participate in sports because I want to promote sports in the region</b>	Agree	43	40.0	148.100	.000
	Strongly Agree	103	40.0		
	Neutral	36	40.0		
	Disagree	11	40.0		
	Strongly Disagree	7	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.7 shows that the response of 43 students were Agree (A), 103 strongly agree (SA), 36 were Neutral (N), 11 Disagree (DA) and 7 students were strongly disagree (SD) about the statement ‘I participate in sports because I want to promote sports in the region’. The chi square ( $\chi^2$ ) value of this statement is 148.100, with significance value of .000 which is less than .05 which means that majority of the students have opinions that they want to promote sports in the region (Gilgit Baltistan).

**Table-4.8**  
**Frequency distribution and Chi-square Analysis of students’ regarding statement “I feel environmental pressure during sports”**

Statement 7	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I feel environmental pressure during sports</b>	Agree	18	40.0	99.150	.000
	Strongly Agree	87	40.0		
	Neutral	58	40.0		
	Disagree	22	40.0		
	Strongly Disagree	15	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.8 shows that the response regarding statement “Feel Environmental pressure during sports” and 18 students were Agree (SA), 87 were agree (A), 58 were Neutral (N), 22 were Disagree (DA) and 15 students were strongly disagree (SD). The Chi square ( $\chi^2$ ) was done for individual item analysis with the value 99.150 having significance value of .000 Which is less than .05 that means there is significance difference among the opinion of the students of Gilgit Baltistan (GB) regarding statement “I Feel Environmental pressure during sports”. Overall results showed that majority of the students feel environmental pressure during sports activities in Gilgit Baltistan (GB).

**Table-4.9**  
**Frequency distribution and chi-square value of student’s statement**  
**regarding “I do not participate in sports due to lack of self-confidence”**

Statement 8	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I do not participate in sports due to lack of self-confidence</b>	Agree	14	40.0	30.350	.000
	Strongly Agree	61	40.0		
	Neutral	45	40.0		
	Disagree	46	40.0		
	Strongly Disagree	34	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.9 shows that the response of 14 students were Agree (A), 61 strongly agree (SA), 45 were Neutral (N), 46 Disagree (DA) and 34 students were strongly disagree (SD) about the statement ‘I do not participate due to lack of self-confidence’. The chi square ( $\chi^2$ ) value of this statement is 30.350, with significance value of .000 Which is less than .05 which means that majority of the students have opinions that maybe they do not participate in sports due to lack of confidence.

**Table-4.10**  
**Frequency distribution and chi-square Analysis of student's statement regarding "I participate in sports because family encourages me"**

Statement: 9	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I participate in sports because family encourages me</b>	Agree	52	40.0	155.400	.000
	Strongly Agree	100	40.0		
	Neutral	38	40.0		
	Disagree	8	40.0		
	Strongly Disagree	2	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.10 shows that the response of 52 students were Agree (A), 100 strongly agree (SA), 38 were Neutral (N), 8 Disagree (DA) and 2 students were strongly disagree (SD) about the statement 'I participate in sports because family encourages me'. The chi square ( $\chi^2$ ) value of this statement is 155.400, with significance value of .000 which is less than .05 which means that majority of the students have opinions that I participate in sports because my family supports me.

**Table-4.11**  
**Frequency distribution and chi-square analysis of students regarding statement "I participate in sports because I feel more confident during sports activities"**

Statement: 10	Scale	Observed Number	Expected Number	Chi-Square	Sign.
<b>I participate in sports because I feel more confident during sports activities</b>	Agree	62	40.0	156.400	.000
	Strongly Agree	95	40.0		
	Neutral	37	40.0		
	Disagree	3	40.0		
	Strongly Disagree	3	40.0		
	Total	200			

Where  $\alpha = .05$



Table 4.11 shows that the response of 62 students were Agree (A), 95 strongly agree (SA), 37 were Neutral (N), 3 Disagree (DA) and 3 students were strongly disagree (SD) about the statement 'I participate in sports because I feel more confident during sports activities.'. The chi square ( $\chi^2$ ) value of this statement is 156.400, with significance value of .000 which is less than .05 which means that majority of the students have opinions that maybe they feel confident during sports.

**Table-4.12**  
**Frequency distribution and chi-square value of students regarding statement "I participate in sports because I feel more independent while doing sports activities"**

Statement: 11	Scale	Observed Number	Expected Number	Chi-Square	Sign.
I participate in sports because I feel more independent while doing sports activities	Agree	60	40.0	146.950	.000
	Strongly Agree	93	40.0		
	Neutral	40	40.0		
	Disagree	5	40.0		
	Strongly Disagree	2	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.12 shows that the response of 60 students were Agree (A), 93 strongly agree (SA), 40 were Neutral (N), 5 Disagree (DA) and 2 students were strongly disagree (SD) about the statement 'I participate in sports because I feel more independent while doing sports activities.'. The chi square ( $\chi^2$ ) value of this statement is 146.950, with significance value of .000 which is less than .05 which means that majority of the students have opinions that they participate in sports because they feel more independent when they do sports.

**Table-4.13**  
**Frequency distribution and chi-square value of students regarding statement "Participation in sports is said to be bad activity in my region"**

Statement: 12	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>Participation in sports is said to be bad activity in my region</b>	Agree	21	40.0	38.350	.000
	Strongly Agree	60	40.0		
	Neutral	62	40.0		
	Disagree	32	40.0		
	Strongly Disagree	25	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.13 shows that the response of 21 students were Agree (A), 60 strongly agree (SA), 62 were Neutral (N), 32 Disagree (DA) and 25 students were strongly disagree (SD) about the statement 'I Do not participate in sports because it is considered as bad activity'. The chi square ( $\chi$ ) value of this statement is 38.350, with significance value of .000 Which is less than .05 which means that majority of the students have opinions that they do not participate in sports because sports is considered as a bad activity.

**Table-4.14**  
**Frequency distribution and chi-square analysis of students regarding statement "I participate in sports because of the increase in trend and culture of sports in the region"**

Statement: 13	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I participate in sports because of the increase in trend and culture of sports in the region</b>	Agree	31	40.0	183.280	.000
	Strongly Agree	95	40.0		
	Neutral	50	40.0		
	Disagree	15	40.0		
	Strongly Disagree	8	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.14 shows that the response of 31 students were Agree (A), 95 strongly agree (SA), 50 were Neutral (N), 15 Disagree (DA) and 15 students were strongly disagree (SD) about the statement 'I participate in sports because of the increase in trend and culture of sports in the region'. The chi square ( $\chi^2$ ) value of this statement is 183.280 with significance value of .000 which is less than .05 which means that majority of the students have opinions that they participate in sports because of the increase in trend and culture of sports in the region.

**Table-4.15**

**Frequency distribution and chi-square value of students regarding statement "I do not participate in sports activities because I think less people appreciate this field in our society due to cultural and religious constraints".**

Statement: 14	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I do not participate in sports activities because I think less people appreciate this field in our society due to cultural and religious constraints</b>	Agree	10	40.0	47.150	.000
	Strongly Agree	70	40.0		
	Neutral	39	40.0		
	Disagree	47	40.0		
	Strongly Disagree	34	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.15 shows that the response of 10 students were Agree (A), 70 strongly agree (SA), 39 were Neutral (N), 47 Disagree (DA) and 34 students were strongly disagree (SD) about the statement 'I do not participate in sports activities because I think less people appreciate this field in our society due to cultural and religious constraints'. The chi square ( $\chi^2$ ) value of this statement is 47.150 with significance value of .000 which is less than .05 which means that majority of the students have opinions that they do not participate in sports because of cultural and religious constraints.

**Table-4.16**  
**Frequency distribution and chi-square value of students regarding statement "I do not participate in sports because I face so many criticisms from the society".**

Statement: 15	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I do not participate in sports because I face so many criticisms from the society</b>	Agree	14	40.0	46.650	.000
	Strongly Agree	67	40.0		
	Neutral	37	40.0		
	Disagree	56	40.0		
	Strongly Disagree	26	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.16 shows that the response of 14 students were Agree (A), 67 strongly agree (SA), 37 were Neutral (N), 56 Disagree (DA) and 26 students were strongly disagree (SD) about the statement 'I do not participate in sports because I face so many criticisms from the society'. The chi square ( $\chi^2$ ) value of this statement is 46.650 with significance value of .000 Which is less than .05 which means that majority of the students have opinions that they do not participate in sports because they face criticisms.

**Table-4.17**  
**Frequency distribution and chi-square value of students regarding statement "The society provides better facilities which helps me for a better performance".**

Statement: 16	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>The society provides better facilities which helps me for a better performance</b>	Agree	50	40.0	117.850	.000
	Strongly Agree	90	40.0		
	Neutral	44	40.0		
	Disagree	13	40.0		
	Strongly Disagree	3	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.17 shows that the response of 50 students were Agree (A), 90 strongly agree (SA), 44 were Neutral (N), 13 Disagree (DA) and 3 students were strongly disagree (SD) about the statement 'The Society provides better facilities which helps me for a better performance'. The chi square ( $\chi^2$ ) value of this statement is 117.850 with significance value of .000 which is less than .05 which means that majority of the students have opinions that the society provides better facilities for their sports activities.

**Table-4.18**  
**Frequency distribution and chi-square value of students regarding statement "Community sports complexes give better platforms for female novice players".**

Statement: 17	Scale	Observed Number	Expected Number	Chi-Square	Sig.
Community sports complexes give better platforms for female novice players	Agree	65	40.0	151.150	.000
	Strongly Agree	94	40.0		
	Neutral	30	40.0		
	Disagree	9	40.0		
	Strongly Disagree	2	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.18 shows that the response of 65 students were Agree (A), 94 strongly agree (SA), 30 were Neutral (N), 9 Disagree (DA) and 2 students were strongly disagree (SD) about the statement 'Community sports complexes give better platforms for female novice players'. The chi square ( $\chi^2$ ) value of this statement is 151.150, with significance value of .000 Which is less than .05 which means that majority of the students have opinions that the community sports complexes provides a better platform for the novice players.

**Table-4.19**  
**Frequency distribution and chi-square value of students regarding statement "I selected sports for fame and attention".**

Statement: 18	Scale	Observed Number	Expected Number	Chi- Square	Sig.
<b>I selected sports for fame and attention</b>	Agree	41	40.0	54.400	.000
	Strongly Agree	75	40.0		
	Neutral	45	40.0		
	Disagree	26	40.0		
	Strongly Disagree	13	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.19 shows that the response of 41 students were Agree (A), 75 strongly agree (SA), 45 were Neutral (N), 26 Disagree (DA) and 13 students were strongly disagree (SD) about the statement 'I selected sports for fame and attention'. The chi square ( $\chi^2$ ) value of this statement is 54.400 with significance value of .000 which is less than .05 which means that majority of the students have opinions that they chose the sports field just for fame and attention.

**Table-4.20**  
**Frequency distribution and chi-square value of student regarding statement "I selected this field because of some ideal personalities in sports fields".**

Statement	Scale	Observed Number	Expected Number	Chi- Square	Sig.
<b>I selected this field because of some ideal personalities in sports fields</b>	Agree	48	40.0	98.850	.000
	Strongly Agree	90	40.0		
	Neutral	33	40.0		
	Disagree	19	40.0		
	Strongly Disagree	10	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.20 and figure shows that the response of 48 students was Agree (A), 90 strongly agree (SA), 33 was Neutral (N), 19 were Disagreed (DA) and 10 students were strongly disagreed (SD) about the statement 'I selected this field because of some ideal personalities in sports fields'. The chi square ( $\chi^2$ ) value of this statement is 98.850 with significance value of .000 which is less than .05 which means there is significance difference between opinion of students about statement and frequency distribution shows that majority of the students are strongly agreed that they choose the sports field because of their ideal personalities.

**Table-4.21**  
**Frequency distribution and chi-square value of students regarding statement "I do not participate in sports due to gender discrimination".**

Statement: 20	Scale	Observed Number	Expected Number	Chi-Square	Sig.
<b>I do not participate in sports due to gender discrimination</b>	Agree	7	40.0	56.550	.000
	Strongly Agree	62	40.0		
	Neutral	43	40.0		
	Disagree	26	40.0		
	Strongly Disagree	62	40.0		
	Total	200			

Where  $\alpha = .05$

Table 4.21 shows that the response of 7 students were Agree (A), 62 strongly agree (SA), 43 were Neutral (N), 26 Disagree (DA) and 62 students were strongly disagree (SD) about the statement 'I do not participate in sports due to gender discrimination'. The chi square ( $\chi^2$ ) value of this statement is 56.550 with significance value of .000 which is less than .05 which means that majority of the students have opinions that they do not choose the field of sports because of gender discrimination.

## **5. Conclusion and Recommendations**

### **5.1 Conclusion**

Sports play a pivotal role in the socio-cultural, physical and mental development of a person especially women. As said, a sound mind needs a sound body therefore for the proper functioning of our mind our body needs to be more flexible and functional. Unfortunately, women in sports are not encouraged as much as men are encouraged in societies like Pakistan. Luckily, this trend is more positive in Gilgit-Baltistan. Our findings show that the ratio of participation of female in sports in GB is more as compared to other regions of Pakistan. These are some factors which influences the sports participation of female of Gilgit Baltistan.

#### **5.1.1 Demographic and Biological Factors**

Age and sexual orientation kept on being the two most reliable statistic connects of physical movement conduct in grown-ups.

#### **5.1.2 Behavioral Attributes and Skills**

Dietary propensities, past exercise conduct, smoking

status, and decisional balance were the main social properties and aptitudes inspected in the new investigations. Past exercise conduct or exercise propensity rose as a steady indicator of current action status.

#### **5.1.3 Social and Cultural Factors**

Social help rose as a reliably vital associate. Each examination that incorporated a proportion of social help for physical movement found a critical positive affiliation.

#### **5.1.4 Physical Environment Factors**

Physical condition is likewise a contributing component which impact female in games. Despite the fact that the quality and bearing of the relationship with physical action changed from concentrate to examine, these were singular dimension impacts, for example, practice hardware at home, access to offices, fulfillment with diversion offices, and network level impacts, for example, neighborhood security, bumpy territory, visit



perception of others participating in physical movement and pleasant landscape.

#### **5.1.5 Psychological, Cognitive, and Emotional Factors**

Physical movement self-viability (an individual's trust in his or her capacity to be physically dynamic all the time) rose as the most reliable associate of physical action conduct.

#### **5.1.6 Influenced by Renown Personalities from GB**

There is another factor which plays a vital role in perception toward participation in physical activity that is, following the ideal personalities. There are some Female sports professionals from Gilgit Baltistan who have taken sports as their professional career and have many achievements in their respective fields.

that players could get easily access to it.

- Sports federations should seek the problems of athletes in Gilgit Baltistan.
- Female sports should be encouraged in the field of sports.
- Sports should be prompted in the region
- More research works should be done regarding female sports participation in Gilgit and other regions of Pakistan.
- This research should be this done on a larger population to generalize it.

### **5.2 Recommendations**

- A proper infrastructure and sports complexes are needed in the region so

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