

PHYSICAL ACTIVITIES AMONG COLLEGE STUDENTS PARTICIPATING IN SPORTS PERTAINING TO SOCIO-CULTURAL CONDITIONS OF SINDH

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ABSTRACT

This article has been prepared to explore the perception of college students in Sindh province of Pakistan to elaborate reasons college students especially girls are reluctant to participate actively in physical activity programs and engaging in sports in daily routine life concerning prevalent socio-cultural situation in Sindh. The major objective of developing this paper has been to examine the participants' experiences involved in sports activities that fit into place in various physical activity programs conducted in selected colleges and information was collected from the participants who participate actively in healthy sports activities selected randomly from two major colleges located in important major cities of Sindh at Karachi, Hyderabad, Shaheed Benazirabad (former Nawabshah), Khairpur, Larkana and Mirpurkhas affiliated with respective public universities in Sindh province to appraise the issues of low participation of students as compared to other provinces of Pakistan. Many studies relating to college students based on rural and urban setting in Pakistan, which seems uncomfortable on this alarming situation of low participation in physical activities and participating in sports, expressing inadequate social interaction, management and limited encouragement to college students showed common reasons of participation in sport and physical activity programs in colleges, experienced miserably low participation at all levels particularly girls' low participation in physical activities programs, where as experienced men and women identified it and expressed the importance of sport and physical activity in reducing the effects of aging and attract others maintaining physically fit body, which many individuals do not possess it, thus, have lost the confidence and competence skills as overly masculine appearance of girls have become the barriers for active participation in physical activities and taking part actively in sports competitions.

Key Words: *Explore, Perception, Physical Activity Program, appraise, low participation, rural & urban major cities and physically fit bodies*

INTRODUCTION

The significance of physical education and sports a study excel the issue of health and physical well being of the individuals of the society, and considered away from the desire to raise the profile of college students in Sindh at local, national and international sporting juncture. Physical education is increasingly seen as a viable binding and effective source pertaining to participation of college students in sports, confronting with multiculturalism issue prevailing in our society. Sport is thus seen as the glue that can hold together the disparate factors of the past decades prevalent in Sindh. In light of the question of young students' involvement in physical activity programs and participating in sport competitions, less awareness is available to the grown up students of the benefits of the differences pertaining to national unity, religion, race and ethnicity with the devotion to the team efforts serving to reduce socio-cultural divisions in the community. The students of Physical education, health and sports science classes develop clear vision on

prevailing societal problems, entire nation is seriously confronted with, and desire to achieve increased level of physical well being of the people reducing drastically racial and ethnic issues, which dominate over the positive initiatives thinking of the government and the people. Many colleges in Sindh during last decade have played a significant role in providing physical activity programs to children and college students as problem of physical fitness among children and youth has alarmingly decreased in recent years. Since late 1990s Physical education has emerged as one of the vibrant academic forces in providing physical activity in the form of sports competitions becoming a growing component of the educational system and developed its importance in the daily routine life of the individuals of Sindh. Normally, students engage in physical activity during recess breaks in school time, and exercise by walking or riding bicycles to and from their schools and in colleges participate during free classes. In the 21st century, alarming health trends have emerged to great extent,

recommend that existing schools and colleges require renewing and expanding their role in providing and promoting physical activity programs and sports to our nation's children and young people. Sports are competitive physical activities with defined rules and providing reasonable rewards motivate children and college students towards participation in sport as its sociological perception refers to the relationship between sports and society as it involves individual's mental and behavioral conditions attracting children and youth involved in sports, developing the habits of morality and good character as it derives from a code of conduct prevalent in the society, Scholars of the Centre for physical education, Health & sports science firmly believe that involvement in physical activities and participating in sports helps develop disciplined behavior and fitness among the children and youth. Thus, athletes learn to make sacrifices for the game, striving for honors and awards in their chosen sport and express sportsmanship principles among Children and young generation accepting generously risks of

losing or winning the game. Physical activity and sports motivate for achievement directing individual's behavior toward optimistic results and avoid from undesirable outcomes that motivate sport participants to develop new skills and practice more to improve competence for getting the targeted results and Social integration in this regard includes family, peers, teammates and coaches play a vital role in children's involvement in physical activity programs in the form of sports and their emotional relationship encourages participation witnessing their acceptable performance. Sports rules enforce to conduct sports competitions fairly and its violation prevents from participating in competitions as compared to players who abide the rules of the game as cheating, fouling, and violence treated as the violation of rules, which is not appreciable.

The participation in physical activities and playing sports develop to enhance skills that are distinctive for active participation of individuals. Sports may introduce chasing or rough-and-tumble play that helps children

and young students develop a strong body to perform coordinated movements in competitions. Sports that involve game planning like football, cricket or basketball require constructive play. Human beings as being the social creatures, sports teach us to overcome impulses by requiring cooperation with others. The sportspersons may imagine by visualizing successful performance, game strategies for improving skills among children and youth of the nation and study reveals that college students of Karachi and Hyderabad have more interest to participate vigorously in physical activity programs and involve in sports activities. Physically active and fit people would help to reduce much of the financial burden off the National health budget on the astonishing rise of obesity among Pakistani children, worried analysts, physical educationists and medical doctors have shown concern to the government that by 2020 roughly 11% of boys and 16% of girls in major cities of Karachi and Hyderabad would be placed in the category of obese children unless adequate measures are taken to address this problem of over

eating frequently junk food and individuals' lack of exercise in daily life. In fact, the subject matter of health is so ruthless that it is expected that there would be loss of approx. Rs.2 billion per year world over are confronted with the problem of ill health which could be reduced through physical activity and participating in sport as it has received popularity and inherent properties contribute to individuals renewal of improving performance in four key indicators; health, crime, employment and inadequate educational system that concern the society.

Importance of physical education study dates back to the history of health problems of the persons living in the society which seems located beyond the desire to raise the profile of randomly selected college students of major cities of Sindh by staging the forum at international sport juncture. Physical education is seen as the viable binding force to many individuals that are indulged in varied problems pertaining to multiculturalism issue prevailing in our society. Therefore, sports have emerged as the binding power that holds together the

different aspects of the society in 21st century prevalent in Sindh and Pakistan. In light of question of young people's involvement in physical activity and participating in sport competitions, School going children have less awareness than the adults of the differences relating to religion and internationalism with the devotion to the team work ethics serving to weaken cultural differences. Physical education, Health and Sports Science studies and discussion on prevailing societal problems engaged in intricate problems, which are simply the desire to accomplish better level of physical fitness of the citizens of the society as it reduce racial and ethnic questions, which had dominated earlier to take initiatives to proclaim the government's sports policy.

Many colleges in Sindh during last decade have effectively played role in providing physical activity programs to children as problem of fitness among children and youth has alarmingly increased in recent years. Since late 1990s Physical education has emerged as one of the dynamic institutions in

schools and colleges that undertake the courses on physical activities in the shape of conducting sports activities, which has become a rising component of the educational system that has developed its importance in the daily life of school going children and college going students. Normally, students involve themselves in physical activity programs during recess breaks in school time and college students workout exercise by walking and riding bicycles to and from their academic institutions. In the 21st century, alarming health trends have emerged recommend that existing schools and colleges require renewing and expanding their role in offering and enhancing bodily activities and involving in sports, stressing our nation's children and young people to actively participate.

Sports are competitive physical activities with defined rules and reasonable rewards motivate children towards participation in sport. Sport sociology refers to the association with sports and society concerning social groups as it involves individual's mental and behavioral conditions attracting children and youth to participa-

ting in sports, developing the habits of morality and good character as it derive from a code of conduct introduced in the society, Scholars of the Centre for physical education, Health & sports science firmly believe that involvement in physical activities and participating in sports helps develop good character and fitness among the children and youth. Thus, athletes learn to make necessary compromises for the betterment of the game, and strive for honors and awards in their chosen sports and express sportsmanship among children and young generation accepting generously risks of losing the game. Physical activity and sports motivate achievement by directing individual's behavior toward optimistic results and avoid from undesirable outcomes motivating sport participants to enhance new techniques, practice hard training to improve competence in getting the targeted results.

Social integration in sports includes family, peers, teammates and coaches also play a vital role in children's involvement in physical activities in the form of sports and their emotional relationship encourage participa-

tion by witnessing their performance reasonably. Sports enforce rules of conduct and its violation prevents from participating in sports as compared to players who abide the rules of the game. The cheating and playing fouls are considered to be bad sportsmanship and displaying violence in the play field are the good examples of breach of rules, violating sports rules by such persons are supposed disturbing the game.

In a tradition-boned society, there are a number of widely held beliefs, though scientifically inaccurate, which might compel parents discouraging their daughters to participate in sport. However, the fact remains the societal dogmas make the task of coaches quite difficult. Mass media should highlight the positive outcomes of female sport participation. Some widely held beliefs include: Female participation in competitive sports is physically dangerous, Strenuous physical activity will harm the delicate female reproductive system, Women athletes are genetically and physically freak, Religion doesn't permit Muslim girls to participate in competitive

sports, Female participating in competitive sports eventually loses their femininity, Girls are too tender to become athletes and Girls should be oriented toward the traditional role of becoming housewives.

Research Method / Procedure

This paper has been prepared on the basis of descriptive research method and designed considering the popularity and vital value of physical activity programs and sport that contribute young individuals involvement to participate in physical activity programs and engage college students in these activities to improve the physical health and sports performance of the college students maintaining healthy and active life in the society. In this connection, six major cities of Sindh, such as Karachi, Hyderabad, Benazirabad (former Nawabshah), Mirpurkhas, Larkana and Khairpur

(major cities of Sindh) were selected randomly to undertake the research work to analyze students and parents' behavior, attitude and their interest towards participation in sports and physical activity programs encouraging young generation to participate in sports activities. Therefore, leading colleges for boys and girls mentioned in six major cities of Sindh from which Fifty (50) students each from boys and girls colleges were randomly selected to analyze the behavior and enthusiasm of participants and non participant students also considering parents' involvement towards physical activity and sports activities relating to prevalent situation of the society in Sindh.

Table - 1

Analysis student's sports participation and other physical activities among college students concerning socio-cultural conditions of major districts of Sindh (KARACHI CITY N=50)

Sr. No	Questions	Agreed	Not Agree	To Some Extent
1.	Societal values discourage college girls taking part in competitive physical activity programs.	5	35	10
2.	Economically sound families often encourage their daughters towards sports activities.	10	30	10
3.	Socio-cultural environment of Sindh is not allowing the students to participate in sports activities.	9	31	10
4.	College peers and relative often discourage girls to take part in sports and physical activities.	8	35	7
5.	Mostly physical education instructors avoid conducting physical activities in colleges.	8	21	21
6.	Participation in sports offers important opportunities to enhance health & well being of the citizens.	35	5	10
7.	Physical activity provide opportunities for enjoyment, challenge, self expression and social interaction to individuals	38	2	10
8.	Physical education and sports provides a chance to develop ethics and morality of the citizens.	35	5	10
9.	Physical education helps in developing the positive self image and the ability to compete and cooperate with others.	31	2	17
10.	Physical education can promotes social responsibilities as an important component of good citizen.	35	5	10

Table No. 2

Analysis student's sports participation and other physical activities among college students concerning socio-cultural conditions of major districts of Sindh (HYDERABAD CITY N=50)

Sr. No	Questions	Agreed	Not Agree	To Some Extent
1.	Societal values discourage college girls taking part in competitive physical activity programs.	16	31	3
2.	Economically sound families often encourage their daughters towards sports activities.	10	35	5
3.	Socio-cultural environment of Sindh is not allowing the students to participate in sports activities.	21	19	10
4.	College peers and relative often discourage girls to take part in sports and physical activities.	19	26	5
5.	Mostly physical education instructors avoid conducting physical activities in colleges.	33	10	7
6.	Participation in sports offers important opportunities to enhance health & well being of the citizens.	35	0	15
7.	Physical activity provide opportunities for enjoyment, challenge, self expression and social interaction to individuals	40	5	5
8.	Physical education and sports provides a chance to develop ethics and morality of the citizens.	35	4	11
9.	Physical education helps in developing the positive self image and the ability to compete and cooperate with others.	37	3	10
10.	Physical education can promotes social responsibilities as an important component of good citizen.	38	2	10

Table No. 3
To analyze the physical activities among college students participating in sports concerning socio-cultural conditions of Sindh
(SHAHEED BANAZIRABAD FORMER NAWABSHAH CITY N=50)

Sr. No	Questions	Agreed	Not Agree	To Some Extent
1.	Societal values discourage college girls taking part in competitive physical activity programs.	37	9	4
2.	Economically sound families often encourage their daughters towards sports activities.	13	9	28
3.	Socio-cultural environment of Sindh is not allowing the students to participate in sports activities.	30	6	14
4.	College peers and relative often discourage girls to take part in sports and physical activities.	33	8	9
5.	Mostly physical education instructors avoid conducting physical activities in colleges.	39	6	5
6.	Participation in sports offers important opportunities to enhance health & well being of the citizens.	32	8	10
7.	Physical activity provide opportunities for enjoyment, challenge, self expression and social interaction to individuals	25	10	15
8.	Physical education and sports provides a chance to develop ethics and morality of the citizens.	29	16	5
9.	Physical education helps in developing the positive self image and the ability to compete and cooperate with others.	18	13	19
10.	Physical education can promotes social responsibilities as an important component of good citizen.	19	8	23

Description of table No. 1,2 & 3 reveals that students belonging to Karachi are more active in participation in sports and other physical activities, and society also encourage them to take active part in sports and girls also showed their positive response as 42.8% agreed, 34.2% not agree and 23% expressed to some extent, the girls belong to economically sound families encourage their daughters towards participation in sports, while athletes showed their concern about socio-cultural environment of major districts of Sindh, as many students responded negatively and caused hindrance in sports participation.

Whereas, in Hyderabad district 56.8% agreed, 27% expressed

not agree and 16.2% to some extent as compared its participation in sports and physical activities, as regards Shaheed Banazirabad (former Nawabshah) expressed 55% agreed, 18.6% not agree and 26.4% to some extent many of the physical instructors are also not playing active role to conduct the sports activities of athletes in colleges and on question no. 8 they strongly agree that physical education & sports develop the ethics and moral values of human being, and develop positive self image and the ability to compete and cooperate with others, and as shown in question no. 10, the respondent approached fairly and positively.

Table No. 4
To analyze the physical activities among college students participating in sports
concerning socio-cultural conditions of Sindh
(KHAIRPUR CITY N=50)

Sr. No	Questions	Agreed	Not Agree	To Some Extent
1.	Societal values discourage college girls taking part in competitive physical activity programs.	39	1	10
2.	Economically sound families often encourage their daughters towards sports activities.	21	9	20
3.	Socio-cultural environment of Sindh is not allowing the students to participate in sports activities.	37	3	10
4.	College peers and relative often discourage girls to take part in sports and physical activities.	39	6	5
5.	Mostly physical education instructors avoid conducting physical activities in colleges.	40	3	7
6.	Participation in sports offers important opportunities to enhance health & well being of the citizens.	27	13	10
7.	Physical activity provide opportunities for enjoyment, challenge, self expression and social interaction to individuals	21	9	20
8.	Physical education and sports provides a chance to develop ethics and morality of the citizens.	27	9	14
9.	Physical education helps in developing the positive self image and the ability to compete and cooperate with others.	19	13	18
10.	Physical education can promotes social responsibilities as an important component of good citizen.	23	7	20

Table No. 5
To analyze the physical activities among college students participating in sports
concerning socio-cultural conditions of Sindh
(LARKANA CITY N=50)

Sr. No	Questions	Agreed	Not Agree	To Some Extent
1.	Societal values discourage college girls taking part in competitive physical activity programs.	37	9	4
2.	Economically sound families often encourage their daughters towards sports activities.	13	19	18
3.	Socio-cultural environment of Sindh is not allowing the students to participate in sports activities.	39	8	3
4.	College peers and relative often discourage girls to take part in sports and physical activities.	33	14	3
5.	Mostly physical education instructors avoid conducting physical activities in colleges.	31	15	4
6.	Participation in sports offers important opportunities to enhance health & well being of the citizens.	26	9	15
7.	Physical activity provide opportunities for enjoyment, challenge, self expression and social interaction to individuals	19	18	13
8.	Physical education and sports provides a chance to develop ethics and morality of the citizens.	21	18	11
9.	Physical education helps in developing the positive self image and the ability to compete and cooperate with others.	22	8	20
10.	Physical education can promotes social responsibilities as an important component of good citizen.	22	18	10

Table No. 6
To analyze the physical activities among college students participating in sports concerning socio-cultural conditions of Sindh (MIRPURKHAS CITY N=50)

Sr. No	Questions	Agreed	Not Agree	To Some Extent
1.	Societal values discourage college girls taking part in competitive physical activity programs.	25	15	10
2.	Economically sound families often encourage their daughters towards sports activities.	29	16	5
3.	Socio-cultural environment of Sindh is not allowing the students to participate in sports activities.	33	17	0
4.	College peers and relative often discourage girls to take part in sports and physical activities.	23	13	14
5.	Mostly physical education instructors avoid conducting physical activities in colleges.	38	7	5
6.	Participation in sports offers important opportunities to enhance health & well being of the citizens.	20	19	11
7.	Physical activity provide opportunities for enjoyment, challenge, self expression and social interaction to individuals	20	17	13
8.	Physical education and sports provides a chance to develop ethics and morality of the citizens.	28	9	13
9.	Physical education helps in developing the positive self image and the ability to compete and cooperate with others.	23	12	15
10.	Physical education can promotes social responsibilities as an important component of good citizen.	22	8	20

Description of table No. 4, 5 and 6 indicate that students belonging to Khairpur district are taking interest in sports and other physical activities, and citizens / society also encourage to take active part in sports and showed positive response; 58.6% students agree, 14.6% not agree and 26.8% articulated to some extent and girls belonging to economically sound families encourage their daughters towards participation in sports, while athletes showed their concern about socio-cultural environment of major districts of Sindh. But, many students responded negatively and showed immense hindrance in sports participation. Whereas, in Larkana district as

52.6% agreed, 27.2% articulated not agree and 20.2% expressed to some extent. Its participation in sports and physical activities is much below the participant of Karachi and Hyderabad; as regards Mirpurkhas 52.2% agreed, 26.6% not agree and 21.2% to some extent. The large number of the physical instructors are also not playing active role to conduct the sports activities of athletes in colleges and at question no. 8 majority of the students agreed that physical education & sports develop the ethics and moral values of human being as it develop positive self reflection and the capability to compete and co-operate with others as shown at question no. 10, the

students approached fairly and positively; and authorities of colleges need necessary action to improve the ability of sports.

CONCLUSION

It is concluded that participation in physical activities and playing sports raise and develop improving skills that are unique and important to civilized citizens of the nation. Physical activity and participation in sports may build imagination by requiring thinking about the societal issues, which are not apparently visible but active individual who participate in physical activities engage themselves in sports competitions may think about successful performance through active physical activities by playing strategies for improving skills among school going children and youth making nation physically and mentally strong. The studies revealed that in comparison to other major cities of Sindh; Karachi, Hyderabad, Shaheed Banazirabad, Khairpur, Larkana and Mirpurkhas College going children are more active and enthusiastic in participating in various physical activity pro-

grams and keenly take part in sports competitions. The energetic children are more likely to develop maturity than the persons who are physically fit in the society. The benefits of sport and physical fitness of the children and college going students reduce risk of obesity; improve cardiovascular fitness and coordination maintaining body balance, better sleep and improved social skills that lessen inactive time may be important for health as it increases the exercise time. Most of people believe physical activity and participating in sports has become lively fun in the society. On the basis of the findings it is found that the sport participant's girls belonging to working class families are hardworking, Industrious and strong, determined as compared to middle class sport participants. Both groups need attention of parents and the authorities towards sports activities, need adequate sports facilities and incentive from parents and their institutions on their achievements during competitions. The sense of realization and responses on given adjectives to the respondents of the middle and working class sport

participants are more or less similar; therefore it was assessed that social class differences do not make any considerable obstacle on their perceptions as expressed by participants through questionnaire. Thus, it confirms that the female college students irrespective of social class belongingness tend to perceive greater amount of ideal characteristics in the ideal self.

Further, it was analyzed that the sport participants are more affectionate, smart, and socially strong in tackling the affairs of the society and possess comparatively better societal understanding, predicting, communicating and controlling individual as well as collective behavior of man and woman of the society as compared to non-sport participants. The study clearly shows that sport participants have comparatively better capacity to cope up with the pressure of competition, crowd and its behavior, importance of winning, influence of parents, coach and friends, observing the societal attitude deeply with confidence. While examining the perceptions on questionnaires it was found that sport participants are more

confident, attractive, experienced, and determined to work actively to promote socio-cultural environmental conditions in modernizing the Pakistani society to compete globally. The study confirmed the hypotheses that sport participants as compared to non-participants irrespective of social class belongingness will pick up psychological characteristics reflecting modern outlook of Sindh province of Pakistan.

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