THE EFFECTS OF NON-SCHOOL FACTORS ON SPORTS PARTICIPATION OF SUCCESSFUL ATHLETES

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Abstract- The goal of the current study is to examine the effects of various non-school factors (socio-cultural and social personal factors) related to sports participation of successful female athletes at secondary schools of Pakistan. The problem to be addressed in the existing study was inadequate social economic position, poor sports facilities, intangible rewards for achievement, and sport media coverage as socio-cultural factors and practice environment is also non-supportive to improve their body image as social personal factors for female school athletes. A sample of 46 successful female athletes from three secondary schools was preferred as respondents. Descriptive statistics was employed as statistical tool. The findings of the existing study revealed that socio-cultural factors through socio-economic status, sports facilities, rewards for achievement, and sport media while social personal factors via practice environment and body image fully effected the sports participation of successful female athletes and these factors may decrease participation of female athletes in sports in Pakistan.

Keywords:

I. INTRODUCTION

Sports always produce nation builders. No doubt, sports performed a major role in several females' lives in Muslim countries, such as from rowing and football in Iran to sprinting events in Kuwait, Bahrain, Morocco, and Pakistan and basketball in Saudi Arabia [1]. The sportsmen and sportswomen are signs of peace, prosperity and integrity of the country. Society cannot achieve its goals without developing healthy environment for sports activities. Sports make available an outstanding platform for females where they develop their confidence and improve their decision-making capabilities and management expertise for their imminent endeavours [2].

Modern age is a period of globalization and the whole world became a sports village. Females approach on the way to sports is optimistic, they love sports and also alike to take part in sports for the complete growth i.e. health, intellectual, social, demonstrative, and spiritual growth [3]. Females, living in Pakistan, have very limited sports facilities supporting them in practical field. In spite of limited practice resources approach, female athletes have excellent laurels in sports. The accurate prospective of the females sports needed to recognize to promote physical, social, and cultural events in Pakistan [4]. Moreover, they have inadequate separate play grounds. The foremost anxiety for participation in competitive sports of female athletes range from a horror of judgment aspect may adverse approaches from the society concerning to their opinion and cultural requirements dominant in the society [1]. Sports females spend their lives into two particularly different cultures; one is the sporting culture and on the other hand larger culture and they have to handle the repetitive clash among as an athlete and as a female [5]. Financial interferences appear mostly favourable the people having low earnings, subsequently pricing plans might decrease financial obstacles to participate in sports events [6].An investigation of the outlook towards sport facilities is required for appropriate preparation and progress of physical activities facilities [7]. Females' sports, controlled by and for females, are supported by a females-concerned atmosphere in which females' progress is encouraged and achievement are extended earlier the females' drive of the 1970s initiated to hearten [8]. Sport media might be a unique instrument that can be utilized to encourage sports events as well as dynamic way of life [9]. On the other hand, no doubt, attractiveness is a female's main purpose but slimness is central for achievement and pleasure, and this is ordinary and suitable for a female to remain embarrassed and worried about body and its appearance [10]. The expert and less expert athletes got their highest level spending numerous times in both individual and team practice every week [11].

This may be for the reasons that there is inadequate social economic position, sports facilities, rewards for achievement, and sport media coverage as socio-cultural factors for female athletes, and on the other hand, non-supportive practice environment and body image as social personal factors may create hindrance for female athletes, and may be all these cover the appropriate encouragement that can be helpful for successful female athletes to obtain sports participation goals. Are these factors comparable to or different from one another? The study will

investigate the effects of non-school factors on sports participation of successful female athletes in Pakistani sports context through socio-cultural and social personal factors.

II. DETAILS METHODOLOGY

2.1. Materials and Procedures

Quantitative approach through survey questionnaire was employed as the main strategy for the existing study. The survey questionnaire was adopted and modifies with the permission of original questionnaire authors. Study designs of survey are those processes in quantitative study wherein researchers organize a field survey in the direction of a sample or the total population comprise of entities to define the qualities, views, conducts, and features of population [12]. The adopted survey questionnaire of different research authors was used for the purpose of data collection. A sample size was consisted of 70 respondents belonging to government girls' secondary school 171/9-L and government girls' secondary school 131/12-L in district Sahiwal of Pakistan while 46 subjects were responded.

The survey questionnaire was comprised of four sections, A, B, C, and D. Section A comprised of social demographic information with six (6) items. Section B consisted of 20 questions to know the sports participation of successful female athletes. Section C comprised of 23 questions to know the contribution of socio-economic status, sport facilities, rewards for achievements, and sport media of these socio-cultural factors. However, section D has 11 questions emphasis body image and practice environment of social personal factors. The complete survey questionnaire had 60 items in total. Answers were noted down in Likert scale under one to five (1-5) dimensions of rank. The answers for the questions in the questionnaire directed to strongly disagree, disagree, average, agree, and strongly agree. Coded answers were statistically planned and examined through SPSS-21 software. The simple statistical technique "Mean Score" through descriptive statistics has been utilized in examining the whole collected data.

III. RESULTS AND DISCUSSIONS

3.1. Successful Female Athletes Sport Participation

Participation in sports provides much recognition to successful female athletes. This participation preferred them how to improve their health (question 1, Mean value 3.59) and least weight waspresumed to (question 6, Mean value 3.31). Athletes remarked about maximum personal drive illustrated as (question 9, Mean value 3.58). Minimum weight has been presumed to 'personal drive' (question 11, Mean value 3.35). Female athletes' opinions on interest in sports illustrated from questions 15 to 20. It was instigated that maximum interest 18 was (question 22, Mean value 3.50). Minimum value has been found for 'interest 19' (Mean value 3.28, question 19) in Table 1.

3.2. Social Cultural Factors

Femaleathletes' opinions on socio-economic status of their parentsconfirmed through questions 1 to 5. It was originated that 'socio-economic status 4' (question 4, Mean value 3.37). Minimum value has been noted for 'socio-economic status 2' (Mean value 3.26, question 2) and can be seen in Table 2.

Successful athletesstated about sport facilities showed that 'sports facilities 7' (question 7, Mean value 3.35). Least weight has been presumed to 'sports facilities 9' (question 9, Mean value 2.98).

Female athletes' views on rewards for achievementsexposed within questions 13 to 18. It was found that 'rewards for achievements 18' (question 18, Mean value 3.48). Minimum value has been noted for 'rewards for achievements 14' (Mean value 3.11, question 14).

Successful athletes stated about sport media showed that 'sports media 20' (question 20, Mean value 3.26). Least weight has been presumed to 'sports media 23' (question 23, Mean value 2.59) shown in Table 2.

3.3. Social Personal Factors

Overall views of the female athletes were that social personal factors performs utmostcentral part on athletes' physical personality. They favoured to personal factors that 'body image 6' (question 6, Mean value 3.46) and Minimum weight was presumed to (questions 2, Mean value 3.20) in Table 3. Successful athletes stated about social personal factorsshowed that 'practice environment 8' (question 8, Mean value 3.30). However, least weight has been assumed to 'practice environment 10' (question 10, Mean value 3.13)and can be seen in Table 2.

Table 1: Sport Participation of Successful Female Athletes (N-46)

Variable	Mean Score
Health 1	3.59
Health 2	3.33
Health 3	3.43
Health 4	3.39
Health 5	3.41
Health 6	3.31
Health 7	3.57
Personal Drive 8	3.41
Personal Drive 9	3.58
Personal Drive 10	3.54
Personal Drive 11	3.35
Personal Drive 12	3.39
Personal Drive 13	3.43
Personal Drive 14	3.41
Interest 15	3.33
Interest 16	3.37
Interest 17	3.41
Interest 18	3.50
Interest 19	3.28
Interest 20	3.41

Table 2: Social Cultural Factors (N-46)

Variable	Mean Score
Socio-Economic Status 1	3.28
Socio-Economic Status 2	3.26
Socio-Economic Status 3	3.30
Socio-Economic Status 4	3.37
Socio-Economic Status 5	3.30
Sport Facilities 6	3.11
Sport Facilities 7	3.35
Sport Facilities 8	3.26
Sport Facilities 9	2.98
Sport Facilities 10	3.30
Sport Facilities 11	3.22
Sport Facilities 12	3.30
Rewards for Achievements 13	3.33
Rewards for Achievements 14	3.11
Rewards for Achievements 15	3.46
Rewards for Achievements 16	3.28
Rewards for Achievements 17	3.14
Rewards for Achievements 18	3.48
Sport Media 19	2.74
Sport Media 20	3.26
Sport Media 21	2.80
Sport Media 22	2.87
Sport Media 23	2.59

Table 3: Social Personal Factors (N-46)

Variable	Mean Score
Body Image 1	3.22
Body Image 2	3.20
Body Image 3	3.24
Body Image 4	3.41
Body Image 5	3.37
Body Image 6	3.46
Practice Environment 7	3.15
Practice Environment 8	3.30
Practice Environment 9	3.17
Practice Environment 10	3.13
Practice Environment 11	3.17

CONCLUSIONS

Noticeablepreferences of the effects of socio-culturaland social personal factors on sports participation of successful female athleteswere defined after examining the data collected. A vibrant gap between the results and existentimplementation of the effects of socio-cultural and social personal factorscan be acknowledged. Primary objective was achieved as the realeffects of socio-cultural and social personal factors were also recognised concerningsports participation of successful female athletes. Results advocated that some modifications are needed in the prevailing structure of social culture and it was found a visible gap between social personal factors and sports participation of female athletes.Therefore, the succeeding suggestions and recommendations can be extended and cope with the results.

The existing structure of social cultural factors might be progressive to meet the actual sports participation requirements of successful female athletes and generatedmoreconsistentresults. The existingculture does not cover to improve amazingfemale sports participation to communicate the supposed items. Further, it is needed to developsocio-economic status of athletes' families, provide more sport facilities, tangible rewards for athletes' achievements, and proper sport media coverage for the enhancement of female sports participation to improve their health, boost their personal drive, and develop their interest in sports. Available structure provided bysocial culture is not adequate to come across the supposed female participation needs in sports.

The existing social personal factors might be advanced to meet the real sports participation requirements of female athletes and generated more consistent results. Further, it is needed to develop body appearance of athletes and provide more practical environment for their practice for the development of female sports participation to improve their health, increase their personal drive, and develop their interest in sports. Available practical environment for their practice is inadequate to encounter the supposed female sports participation needs.

The current level of female athletes' health ispoor to meet required performance in sports so as it is needed to increase female sports participation to develop their health. Consequently, personal drive of female studentsis needed to be increased to improve female sports participation. Sport interest of athletes might be developed through tangible rewards or incentives on achievements and providing proper sport facilities and media attention to sport events even at school level. Sport scholarships might be a milestone in the way to enhance the sports participation of female school athletes.Student athletes can improve their physical appearance and health as well through providing good practice environment.It was found that available culture fail to provide any attention to health, personal drive, and interest of female athletes. Female athletes should be wide-open to get more chances of practice through participation in sports to perform better.

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