

Professional Problems Affecting Sports Participation: Evidences of Female Elite Athlete in Pakistan

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Abstract

The Secret of individual and collective achievements of a team too, lies in the standard of fitness and execution skills in a graceful manner. Achievement of standard fitness and skill have always remained outstanding among the objectives of coaching and training program. Proper coaching and training

produce better results in sports events. The ongoing development of coaching and training is an important motivator for both male and female to achieve remarkable achievements in sports. Without effective coaching and training, prompt performance in sports is striving. One assumes that the female section in our country is starving with reference to the provision of proper coaching and training facilities. Hence, the researcher with the help of co-authors conducted a study to evaluate the real position on ground that to what extent the female folk is lacking with reference to the provision of aforementioned facilities. To collect required information, the researchers developed and used a questionnaire encircling different aspects of the study. They selected a representative sample of 90 female elite from the entire population belonging to different areas of the country. The researchers tabulated and analyzed the collected data by using statistical measures to obtain authentic results from the data.

Key Words: Professional Problems, Affecting, Sports Participation, Evidences and Female Elite Athletes.

Introduction

Coach is the person who prepares the players for competition. New advancement has changed all the areas including sports. In the same way, functions and importance of a coach has also changed. Viewing this argument, Khan (2007 as cited in NASPE, 1995 in Jody), over 140-sports organizations have agreed that there must be a core body of knowledge from which coaching expertise may be developed. The trainers and coaches launch training and coaching programs for the purpose of enhancement sport performance. The ongoing development of coaching is an important motivator for female and female choices.

In a research study, McClung and Blinde (2002) found that there were similarities in the ways by which female and male had coaches of girls. The author further stated that female coaches with extensive educational backgrounds in physical education are more likely to have more training in teaching sport skills. Thus, it is obligatory to have female coach for coaching female athletes in their sports activities. One can say that if women are to remain in coaching, the cost as well the benefits of coaching will be important consideration.

Powers *et al.* (2003) states that positive characteristics of a coach are rectification of mistakes, technical advice and avoidance of negative feedback and criticism. Similarly, Ross and Shinew (2008) noted some differences in coaching interventions of male and female during various games. He further stated that concerned personnel provided many technical instructions to female coaches and female provided more encouragement.

Gender an influence upon sports performance of athletes. In our country, generally female feels discomfort while receiving coaching from a male coach. Similarly, Black, Schmaltz and Kurestetter (2006) illustrated that preferred coaching reposes were positive feedback, training and instruction, democratic behaviour, social support and autocratic behaviour.

The researcher being a sports girl observed that receiving training from male is a big problem among the female athletes particularly at elite level and generally said that elite female athlete feel discomfort while receiving training from male. Similarly, under the supervision of male coach, the female athletes are facing problem. This situation can prevent majority of the cream athlete from participation in sports, which is an immense loss to the female sport. In this context, the researchers conducted the present study to investigate the real position that to what extent the female elite athletes are facing professional problems in connection to their participation in various sports activities. For this purpose, the researcher selected representative athletes from different corners of the country and collected required information. The perceptions of the respondents provided base to draw concrete results.

Literature Review

Women and Coaching

The ongoing development of coaching is an important motivator for female and female choices. In a research study, Barber (1998) found that there were similarities in the ways by which female and male had coaches of girls. The author further stated that female coaches with extensive educational backgrounds in physical education are more likely to have more training in teaching sport skills. Thus, it is obligatory to have female coach for coaching female athletes in their sports activities. One can say that if women are to remain in coaching, the cost as well the benefits of coaching will be important consideration.

Coaching Intervention and Gender

According to Smith and Small (1990) positive characteristics of a coach are rectification of mistakes, technical advice and avoidance of negative feedback and criticism. Similarly, Millard (1996) noted some differences in coaching interventions of male and female during various games. He further stated that relevant concerns provided technical instructions to female coaches and female provided more encouragement.

Gender Influence Reaction to Coach

Gender an influence upon sports performance of athletes. In our country, generally female feels discomfort while receiving coaching from a male coach. In this connection, Ross and Shinew (2008) found that adult female and male Australian athletes showed similar preference for coaching intervention. Similarly, Black and Weiss (1998) illustrated that preferred coaching repeses were positive feedback, training and instruction, democratic behaviour, social support and autocratic behaviour.

Important Principles of Coaching

Coaching is a very vast field, which requires specialized knowledge and experience. Without proper coaching, sportsmen/women are hindering in performing their sports activities. One can assume that coach knows the very principles of coaching and it is very important to consider principles of individual difference, scientific principles, setting objectives and level, abilities and capabilities of players during the course of training

Training Problems

Receiving training from male is a big problem among the female athletes particularly at elite level and generally said that elite female athlete feel discomfort while receiving training from male. Similarly, under the supervision of male coach, the female athletes particularly at national and international level are facing problem. This situation can prevent majority of the cream athlete from participation in sports, which is an immense loss to the female sport.

Attitude of Male Athlete

According to Nazarudin *et al.* (2009), attitudes of the people directed towards attitude objects, such as class of people, objects, or ideas. A person having positive attitude towards sport, behavior should reflect this attitude. According to American Heart Association (AHA, 1992) positive attitude on part of sports personnel towards sport is a basic requisite for the promotion of sports and physical education. Although numerous individuals trust that distinctive ethnic gatherings offer comparative encounters, contrasts in the middle of dark and minority ethnic gatherings are noteworthy. For instance, rates of interest in game

amongst various ethnic minorities shift from impressively lower to some degree higher than the national normal rates. Both age gatherings of people bolstered women cooperation in game.

Likewise boys with and without female relative partaking in game were not critical diverse. Since every male undergrad were included effectively in physical exercises through co-educational modules exercises, for example, between personnel recreations, they have no reservation to female investment in game. The researchers might be clarified the discoveries of male undergrad demeanor toward physical movement that the no doubt explanation behind their interest in physical action was social experience. People prized the vicinity of their partner subsequently their backing for female support in game. Onifade (1983) agree with the clarification. Kee and Wee (2005) further elucidated that disposition towards physical action is not impacted by age as appeared by immaterial results among students (21-40 years of age) from different age bunches.

Research Hypotheses

The researchers formulated the following main research questions:

H_{A1}: There is significant effect of coaching problems on female participation in Sports activities.

H_{A2}: There is significant effect of training problems on female participation in Sports activities.

H_{A3}: There is significant effect of male attitude on female participation in Sports activities.

Research Methodology

Study Participants

The population of this particular study comprised of the entire female elite athlete participating in different sports at National and International level in Pakistan.

Sampling Procedure

Due to many factors, it was difficult to contact the whole population. In this context, adaptation of an appropriate sample helped the researcher in collecting requisite and needed information for his/her research study. The researchers selected a representative sample of 90 female elite from the entire population belonging to different area of the country.

Instrumentation

To collect the required data, a questionnaire with appropriate questions constructed with the help of supervisor and related literature was prepared and used for data collection. In this regard 5 point Likert Type Scale ranging from strongly agree (SA=5 points) to strongly disagree (SDA=1) was used. They collected Validation evidences through pilot studies. In assessing the Internal Consistency Reliability of the scales, they used Cronbach Coefficient Alpha formula and results calculated with the help of computer.

Data Collection Procedure

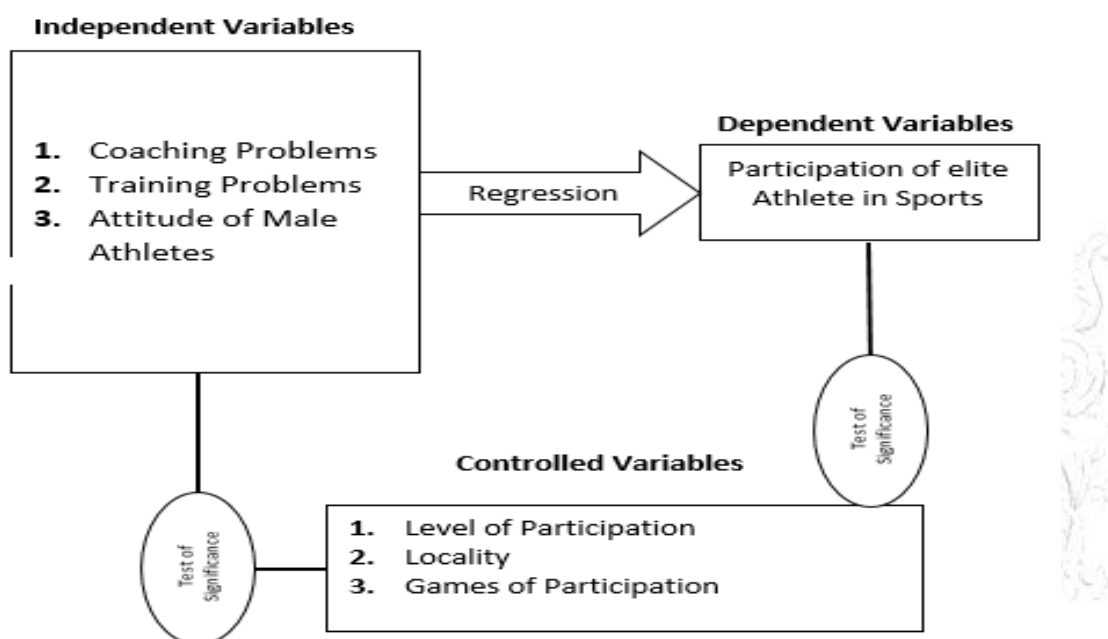
For this purpose of data collection, the researcher personally visited and distributed questionnaires among 90 athletes in different National Camps of different games and Educational Institutions and collected data from the respondents. In addition, the researcher sent some questionnaires to the respondents through researcher's Teachers and Students as well. The researchers excluded Ten (10) invalid questionnaires from the study, and thus entertained 80 valid questionnaires for analysis of data.

Analytical Procedure

The following Dependent and Independent variable was used in the present study.

1. **Independent Variable**
 In the study in hand, Professional Problem Faced by Female Elite Athletes was used as independent variable.
2. **Dependent variable**
 The Participation in Sports by Female Elite Athletes was used as dependent variable in the present study.

Theoretical Framework



Data Analysis

The researchers tabulated and analyzed the collected data by using statistical measures, like Regression to obtained authentic results from the data. The researchers applied Regression to show the impact of the independent variable upon dependent variable.

Analysis

H_{A1}: there is significant effect of coaching problems on female participation in Sports activities.

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.570 ^a	.325	.321	.50198

a. Predictors: (Constant), Coaching

b. Dependent Variable: Sports

ANOVA^b

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	21.855	1	21.855	86.733	.000 ^a
	Residual	45.357	180	.252		
	Total	67.212	181			

a. Predictors: (Constant), Coaching

b. Dependent Variable: Sports

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.979	.103		19.154	.000
	Coaching	.311	.033	.570	9.313	.000

a. Dependent Variable: Sports

Figure no. 2. Histogram showing the effect of Coaching Problems on female sports participation

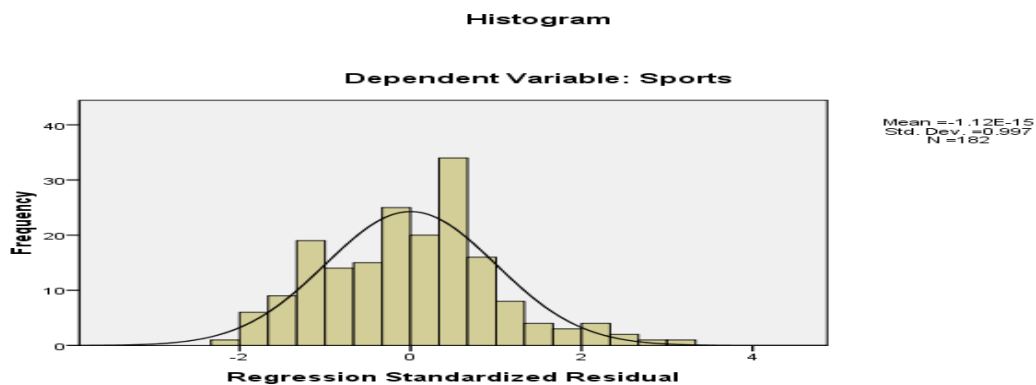
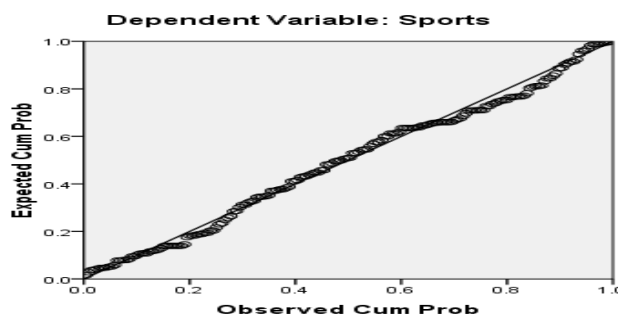


Figure no. 3. Normal P-P Plot regression Standardized Residual of Coaching Problems on female sports participation

Normal P-P Plot of Regression Standardized Residual



The above table shows that coaching problems significantly predict female sports participation in sports activities. $\beta = .311$, $t(180) = 9.313$, $p < 0.05$. The coaching problems explain significant proportion of variance in female sports participation in sports activities, $R^2 = .321$, $F(1,180) = 86.733$, $p < 0.05$. Hence, the alternative hypothesis is hereby accepted.

H_{A2}: There is significant effect of Training problems on female participation in Sports activities.

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.735 ^a	.541	.538	.41415

a. Predictors: (Constant), Training Problems

b. Dependent Variable: Sports

ANOVA^b

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	36.339	1	36.339	211.864	.000 ^a
	Residual	30.874	180	.172		
	Total	67.212	181			

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.239	.117		10.624	.000
	Training Problems	.553	.038	.735	14.556	.000

a. Dependent Variable: Sports

Figure no. 4. Histogram showing the effect of Training Problems on female sports participation

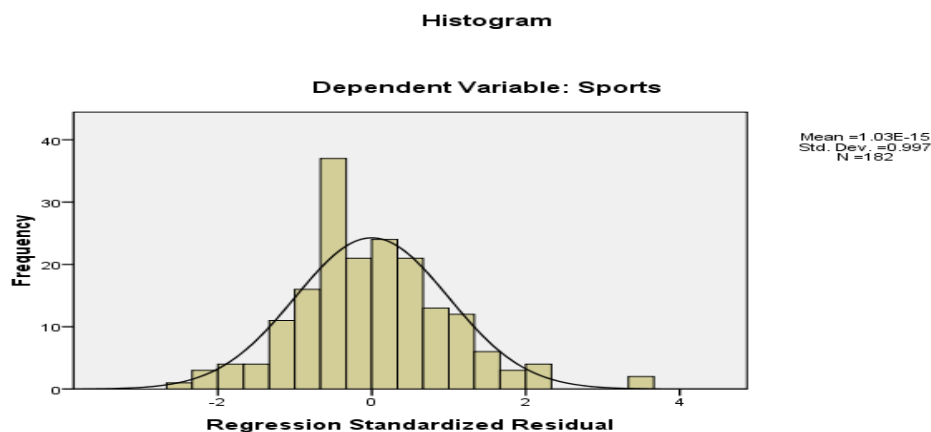
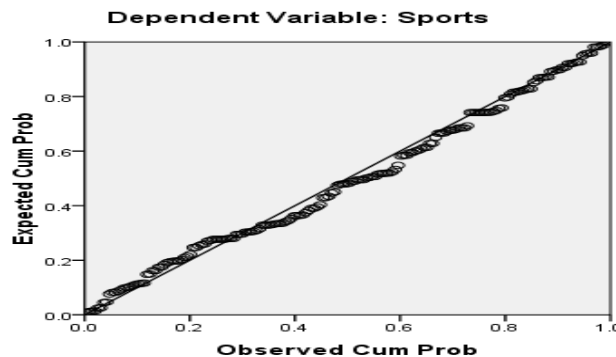


Figure no. 5. Normal P-P Plot regression Standardized Residual of Training Problems on female sports participation

Normal P-P Plot of Regression Standardized Residual



The above table shows that training problems significantly predict female sports participation in sports activities. $\beta = .553$, $t(180) = 14.556$, $p < 0.05$. The training problems explain significant proportion of variance in female sports participation in sports activities, $R^2 = .538$, $F(1,180) = 211.864$, $p < 0.05$. Hence, the alternative hypothesis is hereby accepted.

H_{A3}: There is significant effect of Male attitude on female participation in Sports activities.

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.653 ^a	.426	.423	.46284

a. Predictors: (Constant), Male attitude

b. Dependent Variable: Sports

ANOVA^b

Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	28.652	1	28.652	133.750	.000 ^a
Residual	38.560	180	.214		
Total	67.212	181			

a. Predictors: (Constant), Male attitude

b. Dependent Variable: Sports

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.621	.114		14.234	.000
	Male attitude	.410	.035	.653	11.565	.000

a. Dependent Variable: Sports

Figure no. 6. Histogram showing the effect of Male attitude on female sports participation

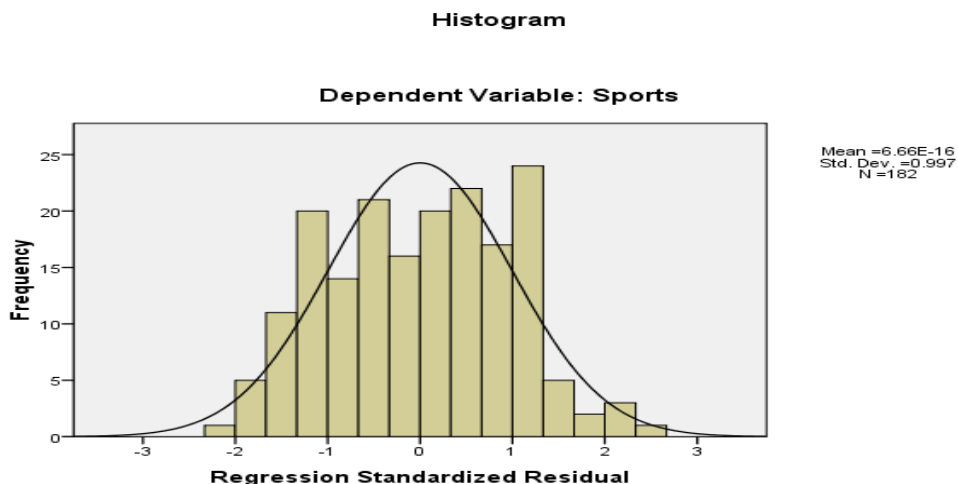
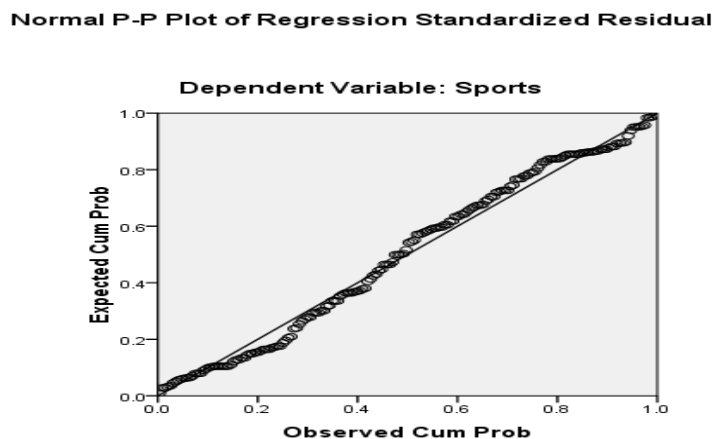


Figure no. 7. Normal P-P Plot regression Standardized Residual of Male attitude on female sports participation



The above table predict that Male attitude problems significantly predict female sports participation in sports activities. $\beta = .410$, $t(180) = 11.565$, $p < 0.05$. The male attitude problems explain significant proportion of variance in female sports participation in sports activities, $R^2 = .423$, $F(1,180) = 133.750$, $p < 0.05$. Hence, the alternative hypothesis is hereby accepted.

Discussion

The study revealed that stipulated population had a very positive approach regarding the benefits and utility of coaching and training and considered as beneficial process helpful in achieving better results in sports. This was almost in accordance with the study of McCallister, Brinde and Phillips (2003) who found that coaching is a process, which polishes player’s skill, which help in achieving peak performance in sports. Similarly, Zourbanos *et al.* (2010) asserted that sports training strengthens physical. Psychological and tactical aspects, which prove very, fruited in sports performance.

The study revealed that major portion of the population considered that coaching and training by a male trainer is a big problem facing the female athletes. Similarly, Mulholland (2008) also stated that Common barriers to females' involvement in physical activity and sport are a lack of encouragement, a lack of opportunity, lack of basic skills, and conflict with other activities, low self-esteem and low self-efficacy. He further stated that coaching, training by male trainer creates hindrance, and the female athletes feel discomfort while taking coaching from male partner. The author further argued that Coaches could be an important influence on the development of females' self-confidence, self-esteem and healthy body image. Hennessey *et al.* (2010) found in his study that taking coaching and training by male trainer is an obstacle in the process of coaching. He further stated that coaching by same gender could positive impact on coaching process and the trainee feel comfort while taking coaching in such situation.

The attitude of male athletes towards female sports participation was perceived, the result showed that the attitude of male athletes in not very positive towards female sports participation. This was in accordance with the findings of Billings (2000) who found that the male had unfavourable attitude towards female sports participation. McKay (1992) explored that there was a significant gender difference in sports. He further stated that opposing attitude of male towards female sports participation was an external barrier that dishearted even the most dominant female athletes in connection to their sports participation.

Conclusion

The researchers perceived the standpoint of elite female athletes regarding coaching and training methods with reference to their sports programs. The study revealed that major portion of the population considered that coaching and training by a male trainer is a big problem facing female athletes. They also assessed the attitude of male athletes towards female sports participation; the result showed that the attitude of male athletes is very positive towards female sports participation.

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