

Factors Affecting Sports Activities: A Case Study of Gomal University, Dera Ismail Khan (DIK)

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Abstract

For effective sports program it is highly desirable to have proper facilities in the shape of human, financial and more significantly material resources. Without these facilities, the university cannot conduct the sports programs in a successful manner. Hence, the researchers conducted a study to assess the impact of the aforementioned resources with reference to the sports program with in the Gomal University, Dera Ismail Khan, and Khyber Pakhtunkhwa. For this purpose, the researchers used a questionnaire with appropriate

options to collect data from sports managers, teachers and students randomly selected. The questionnaire comprised of general information regarding human, financial and material resources with reference to sports program. For data analysis, we used regression in order to assess the responses for obtaining desirable results.

Key Words: Factors, Affecting, Sport, Activities and Case Study.

Introduction

Life and sports are indispensable to each other. Participation in sports activities promotes health, prolong life, polish human behaviour and increase efficiency of its participants. In a research study, Danish *et al.* (2004) state that sports participation develops the capacity of bearing mental as well as physical pressure and more significantly enables one to do his routine jobs in a graceful manner. The author further substantiates that individuals who take part in various sports activities can adjust themselves easily and prove as a functional member of the society.

As for as sports activities and academic are concerned, the researcher have proved that participation in sports have positive impact on academic by developing physical and mental capabilities of the participants. In a research study, Khan (2004) stated that mental states that participation in sports activities sharpens the thinking abilities of its participants which has positive impact on academics. Similarly, Darling *et al.* (2005) illustrates that games and sports are the positive and effective means to develop intellectual capabilities, and one can easily declare the sports as the true benefactor of students in coping with academic glitches.

A resource is an aid or support that assists, to sketch and to achieve something. Sports program do require many resources in the shape of staff, space and finance for its proper application and propagation. Clearly, one of the most important skill for a sports manager is to determine the needs and identify resources that can resolve these needs and then to acquire the needed resources.

On the other hand, Sports requires proper and sound environment in which one can participate freely without facing any problem. If an environment for sports is safe then the participants will ensure their participation by taking active part in sports. Sharma (2010) illustrated that the first requirement for an active participation in sports is to provide conducive atmosphere. The author further suggested that facilities like proper space, equipment and proper management, appropriate coaching and training are the prerequisites of sports. On the other hand, improper or inadequate facilities and mismanagement creates hindrance in the way of sports.

It is mandatory for sports program, and is highly desirable to have proper qualified staff, sufficient financial resources, and proper space in the shape of courts, ground and other playing field, playing equipment and sport gear in relevance with the sport. In the absence of these facilities, the relevant authorities are difficult to conduct any program in a beneficial manner. In a study, ZiaUlislam (2014) concluded that non-qualified staff, improper space, mismanagement, shortage of trained coach and inappropriate budgetary allocation and utilization creates problems in sports.

Consequently, in most countries of the world the sports personnel not only emphasize but also organize an effective sports program in different area of the country. Many resources are utilized in sports to enable the youth in order to enjoy a worthy sport program for their healthy development. One has seen sports activities as an instrument for national unity and identity. The annual organized national and provincial championships of different games has epitomized this role which aims at bringing people from various areas together through a healthy sports program. Hence, there is a clear indication that the authorities are responsible for administration of sport.

In Pakistan, authorities have not realized the contribution of sports towards building a healthy nation, and are sparing no effort to encourage sport program for cultivating the sportsmen and women. In order to achieve high standard/rank in sports, the directorate of sports may provide the basic facilities to all the educational institutions and particularly at the university level in Pakistan. However, sport is facing many problems in different universities of Pakistan.

Hence, it is very much important to identify these problems and issues to provide a chance of bringing up shortcomings and suggesting a way for its remedial with positive measures. This study was confined only to the Gomal University, Dera Ismail Khan, Pakistan.

The population of this study consisted of Sports Managers, Players and Teachers of Gomal University, Dera Ismail Khan. A questionnaire with appropriate options was developed and used for data collection. In the development of questionnaire, the researchers obtained many statements from the sports personnel, players and teachers. In this study, we used 3-point scale to assess the degree of favourable and unfavorable on the items included in the questionnaire. We sent the questionnaire to 10 experts for the purpose of validity and reliability. We treated the internal consistency of the items through Cronbach Alpha and found to be 0.88, which is highly significant. The researcher with the help of co-authors visited and distribute the questionnaire among respondents and requested them to fill up the questionnaire within a shortest possible time. The researchers also assured them that they would keep their responses highly confidential and use for research purposes only. They recollect the questionnaires after a week and analyzed the responses to reach at certain facts. The collected responses were treated through enter method regression in order to assess the effect of different resources on Gomal University Sports.

Literature Review

Necessities for Sports

Sports as both an academic and providing services rely very much success on the availability of desired equipment and supplies. Sports infrastructural facilities vary in accordance with the various influencing factors like nature of activity, sex and number of participants, available financial resources, playing season and length of the activity. However, they discuss the main requirements for sports as under:

Sports Infrastructure

One considers sport as physical oriented discipline in which one needs proper and sound infrastructural facilities in a shape of sports gears, courts, grounds and other necessities. Without these facilities, the concerned authorities cannot carry out sports programs in a successful manner. The provision of satisfactory sports infrastructure and sport facilities is the main impediment to sports participation. Sports such as football, cricket, squash and athletics require proper infrastructural sport facilities.

In a research study, Allison (2000) argued that sports infrastructure play a very important role in achieving excellence performance in sport. The author further illustrated that proper infrastructural sport activities not only help in producing players for national and international competition, but also influence upon youth to motivate in sports participation. In research study, Chad et al. (2005) concluded that adequate sports infrastructure in accordance with the nature and state of activity can promote and enhance sport participation. The authors therefore, suggested the provision of proper and adequate sports infrastructure so that majority of individuals can participate in various sports activities. Similarly, Lime et al, and Owen et al. (2011, 2004) argued that sports infrastructure and sport facilities are very much important for individual's sports participation. They also illustrated that improper and inadequate sports infrastructure can decrease the chance of participation of community members. In light of these, they recommended the provision of proper and adequate sports infrastructure to each corner of the area.

Financial Resources

A poet starts his song with the saying that “Money makes the world go around”. This sentence is sufficient for the importance of finance. One postulates that many of the people disagree with the above statement but it is very much difficult to undertake many things in life without finance.

We need money to obtain different items we need in our life. For instance, to grow a business we need finance, to buy things we need finance, to keep safe our future, we need finance, to take care of our families, we need finance and to get feed, water and all other necessities for life, finance play a pivotal role in obtaining all these requirements.

Similarly, sport needs proper finance for its conduct and organization. According to Fried *et al.* (2013) similar to all business, sport requires proper and sufficient finance to run it in a beneficial manner. They also concluded that the efficient and effective conduct of sport program becomes unamengable without finance

Material and Human Resources

One cannot ignore the importance of adequate facilities for sport program. The importance of facilities for sports can be cleared by the fact that sport program is fruitless until and unless it is not been conducted within the availability and provision of various facilities. The committee of Indian National Plan for Physical Education Health Education and Recreation (NPPEHER) suggested that the program of physical education and sports needs variety of equipment. Therefore, adequate and sophisticated equipment help to conduct the physical education, sports and recreational programs in a beneficial manner.

Facilities are an important part in the field of physical education and sports. In research study, Sudhakar and Kumar (2013) stated that the experts in the field consider facilities as prime need for conducting any educational activity, event or program. He further said that the provision of proper and required facilities help to organize the physical education as well as sports effectively and efficiently. According to Pate *et al.* (1997), it might be impossible to achieve satisfactory results from students whose training facilities and equipment are inadequate or of sub-standard. The researchers in the field noted that most of the physical education students lack exposure to modern sophisticated infrastructural facilities and equipment for training. Owen *et al.* (2000) argued that facilities should be well planned and constructed with an eye in future. Often, the constructed sports facilities within a very short period, and are very difficult to expand or exchange. In addition, they suggested that facilities for sports should be sophisticated, durable and easily be purchases. Arslan (2010) conducted a research for recommendations to improve sports facilities in the University. He found that there are very little sports facilities in the University. There is a lack of proper sports facilities, trained coaches, separate place for female sports and sports budget etc.

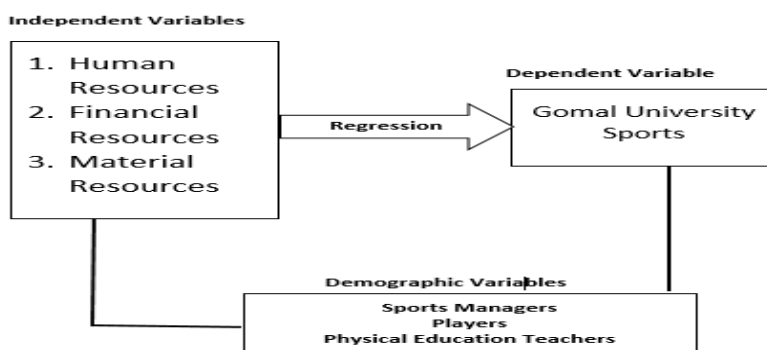
Objective of the Study

The researcher mad an effort to investigate the impact of financial, human and material resources on sports programs in Gomal University, Dera Ismail Khan.

Hypotheses

1. Financial resources do not have significant effect on sports programs in Gomal University.
2. Human resources do not have significant effect on sports programs in Gomal University.
3. Material resources do not have significant effect on sports programs in Gomal University.

Conceptual Framework



Analysis

H₀: Financial resources do not have significant effect on Gomal University Sports.

Table No. 1 Enter method regression showing the effect of financial resources on Gomal University Sports.

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.751 ^a	.563	.554	.48187

a. Predictors: (Constant), Financial Resources

b. Dependent Variable: Gomal University Sports

ANOVA^b

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	14.380	1	14.380	61.930	.000 ^a
	Residual	11.146	48	.232		
	Total	25.526	49			

a. Predictors: (Constant), Financial Resources

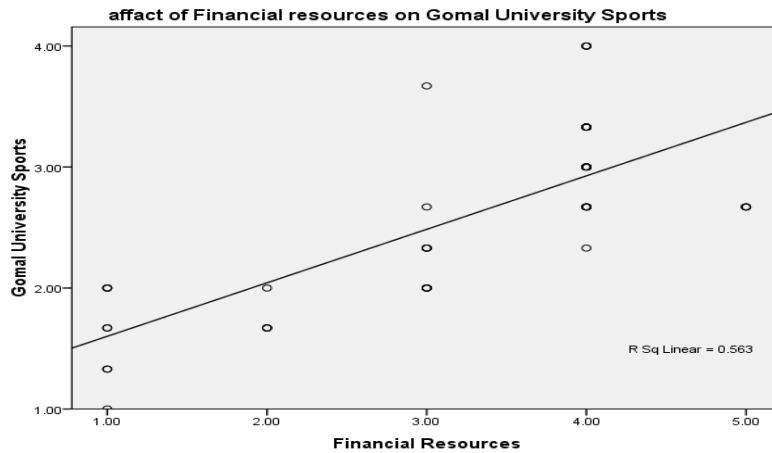
b. Dependent Variable: Gomal University Sports

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.159	.195		5.935	.000
	Financial Resources	.442	.056	.751	7.870	.000

a. Dependent Variable: Gomal University Sports

The table one and figure no: 1 showing the effect of financial resources on Gomal University Sports. The above table indicate that financial resources significantly predicted Gomal University Sports. $B=.442, t(48) = 7.870, P < 0.05$. Financial resources also explained a significant proportion of variance in Gomal University Sports, $R^2 = .554, F(1, 48) = 61.930, P < 0.05$. Hence, they hereby rejected the null hypothesis. Fig. 1 Scatterplot of linear regression showing the effect of financial resources on Gomal University Sports.



H_0 : Human resources do not have significant effect on Gomal University Sports

Table No. 1 Enter method regression showing the effect of Human resources on Gomal University Sports.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.658 ^a	.433	.421	.54904

a. Predictors: (Constant), Human Resources

ANOVA^b

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	11.057	1	11.057	36.679	.000 ^a
	Residual	14.469	48	.301		
	Total	25.526	49			

a. Predictors: (Constant), Human Resources

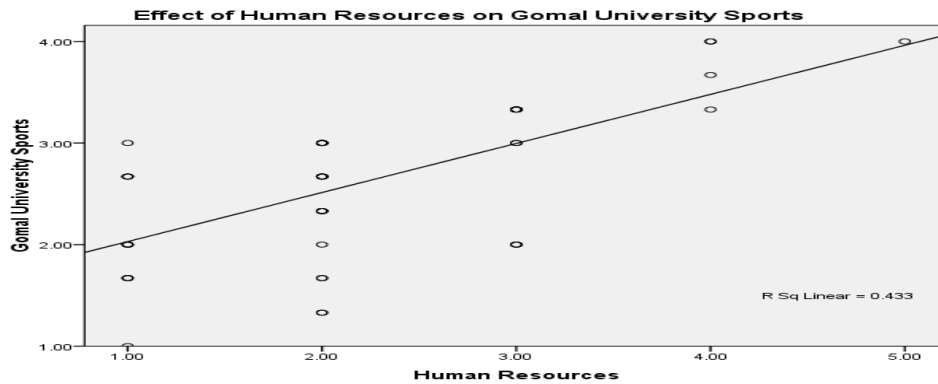
b. Dependent Variable: Gomal University Sports

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.547	.190		8.124	.000
	Human Resources	.483	.080	.658	6.056	.000

a. Dependent Variable: Gomal University Sports

Fig. 2 Scatterplot of linear regression showing the effect of Human resources on Gomal University Sports.



The table no two and figure no 2 showing the effect of Human resources on Gomal University Sports. The above table indicate that Human resources significantly predicted Gomal University Sports. $B=.442, t(48) = 8.124, P < 0.05$. Human resources also explained a significant proportion of variance in Gomal University Sports, $R^2 = .433, F(1, 48) = 36.679, P < 0.05$. Hence, the researchers hereby rejected the null hypothesis.

H_0 : Material resources do not have significant effect on Gomal University Sports.

Table No. 1 Enter method regression showing the effect of Material resources on Gomal University Sports.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.800 ^a	.640	.632	.43780

a. Predictors: (Constant), Material Resources

ANOVA^b

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	16.326	1	16.326	85.176	.000 ^a
	Residual	9.200	48	.192		
	Total	25.526	49			

a. Predictors: (Constant), Material Resources

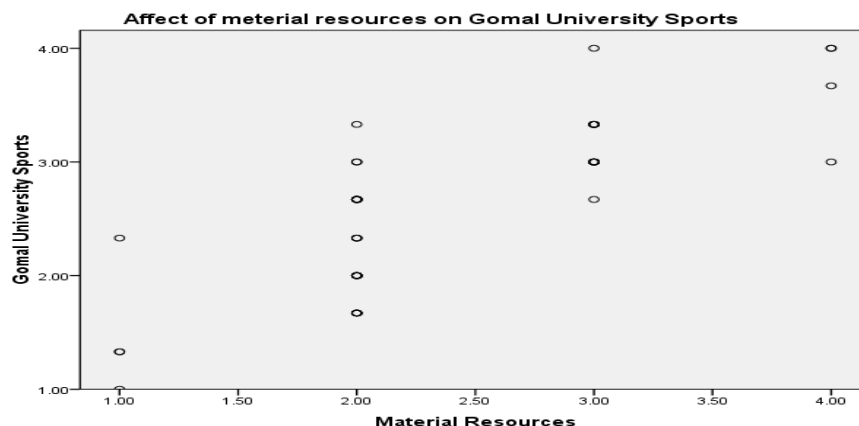
b. Dependent Variable: Gomal University Sports

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	.782	.206		3.790	.000
	Material Resources	.770	.083	.800	9.229	.000

a. Dependent Variable: Gomal University Sports

Fig. 3 Scatterplot of linear regression showing the effect of Material resources on Gomal University Sports.



The table no three and figure no 3 showing the effect of Material resources on Gomal University Sports. The above table indicate that Material resources significantly predicted Gomal University Sports. $B=.770, t(48) = 3.790, P < 0.05$. Material resources also explained a significant proportion of variance in Gomal University Sports, $R^2 = .640, F(1, 48) = 85.176, P < 0.05$. Hence, they rejected the null hypothesis.

Discussion

The researcher found discontentment among the respondents regarding availability of adequate financial resources. The researchers concluded that attainment of desired goals need enhancement in the existing financial resources. The view point of respondents were surveyed regarding utilization of funds for different purposes of sports like conduct of sports program, repair and maintenance of equipment, they responded same description in this regard. All of the respondents stated that they specified the funds only for conducting different games. Similarly, they stated that lack of finance impeded to distribute funds for other purposes of sports like sports promotion, maintenance and repair and opined that if the government and other relevant bodies provided grants they had agreed to specified funds for other areas of sports programs within the university.

The result of the study revealed that the university is depriving from the availability of different infrastructural sports facilities. Similar findings have been presented by Prasad (2003) who conducted a study on the facilities, organization and administration of physical education and sports and found that majority of the respondents were not satisfied with the existing facilities for various games in their areas. Similar study was conducted by, Asal (2012) who concluded that the physical education facilities were not properly available in Mumbai City. Based on data analysis, the data revealed that different states of Nigerian do not have sports facilities. In another similar study, Lime *et al.* (2011) focused on sports infrastructure, indoor facility, and outdoor facility and found that sports personnel responded very poorly to the availability of playing facilities for different games in their respective areas.

As for as availability of qualified staff for sports activities was concerned, majority of the respondents perceived that availability of qualified staff is the main obstacle which can have negative impact on sports activities. Similarly, Owen *et al.* (200) found that provision of sufficient and qualified technical staff were the main obstacles in sports, whereas, Verma (2015) asserted that most of the states held a long way to meet the demand for international requirements. Similarly, Faber *et al.* (2007) asserted that the overall conditions for sports requirement and particularly sports officiating did not find sufficient in all these colleges in light of the students enrolled in these universities.

Conclusion

Research is very important in every field of life that may be financial, human or material. Some time we do get some financial resources but have not any idea to utilize them properly. The study revealed that the sports authorities utilize major part of these resources only for the conduct of sports. Sports directorate is starving by lack of financial resources, which the concerned section use for different purposes like sports promotion, maintenance and repair rather than just to conduct the sports activities.

Sports is a neglected area in our country as a whole and particularly in the educational institutions. Government, public representative spoke loud of it but the respondents replied that they never pay due attention to its promotion by providing grant and other required facilities and the result is that this university is lacking for beyond in this particular and important area.

The data substantiates that the presence of qualified human resources is the main hurdle influencing sports program in the university. The sports mangers suggested that the authorities might provide sufficient qualified staff so that sports can be developed and promoted in the university.

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