

Perception of Female College Teachers Regarding the Role of Sports in Controlling Deviant Behavior among the Female Students at College Level

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Abstract

Sports bring positive changes in the behaviors of students especially at college level. The researcher realized that there are many behavioral problems in college among students. Therefore the researcher decided to determine the "Role of sports in controlling deviant behaviors among the students." This particular study initiated in the province of Khyber Pakhtunkhwa district D.I.Khan. The main objectives of the study were to know the perception of female college teachers about the role of sports in controlling deviant behavior among the students. The population of this particular study was the teachers of 3 female degree colleges in locality of district D.I.Khan. The researcher found that majority respondents agreed that sports participation is beneficial in controlling deviant behaviors among students. They thought that sports is a source of utilizing surplus energy in constructive manner and mostly population agreed that sports develop sociability which helps in controlling deviant acts.

Keywords: Sports, Deviant Behaviors & Female Students

1. INTRODUCTION

According to Gardner *et al.*, (2009) Deviant behavior means all those activities or acts which dislike by the society. The authors further stated that deviant acts include those activities which always disliked in the society. The acts of deviance such as, disobedience, examination mal practices, indiscipline, misbehave; escaping from classes; immorality, and other have recently assumed unprecedented, dimensions in colleges.

Free time or the time in which a person having no work or activities always caused participation in socially immoral activities. How one can use the free time? What is the basics tool for spending the leisure time in constructive way? For spending the leisure in constructive way a person need to participate in sporting events. Sports activities at one side provide refreshment to its participants while in another side it helps to spend the leisure time in the constructive way (Khan, 2012). Sports activities develop the social qualities among its participants. Social qualities refers peace, equality, and brotherhood etc. a person with social qualities always liked in family and also in society at large (Khan *et al.*, 2016)

According to López, & Díaz, (2015) Sports participation improves the quality of life because it develops a person from all perspectives such as physically, mentally, economically and socially. A person who is physically, mentally, economically and socially developed not only proves to be a good member of his family but of the whole society as well (Coakley, 2003). The author further elaborated that participation in sports activities reduce the rate of immoral activities among its participants.

All those children who have more time without any activity always found more in immoral activities. It is all because of free time. Sports activities help the students to spend the leisure time by active participation in sporting events ((Khan *et al.*, 2016)

According to Collis & Hussey (2013) Immoral activities among the students is all because of free time. Research studies suggested that the best way to stop the students from immoral activities is possible by adopting two ways

1. To involve the students in academic activities
2. To involve the students in sports activities

Children learn from society. if the society members are social or educated then their children will be social and educated. Similarly the society where the number of uneducated peoples is more then it leads the children towards immoral or deviant activities (Braithwaite, 1989).

According to Mishra (2013), Promotion of society is totally depending upon the youth. If the young generation of society having positive behaviors such as spirit of peace, equality, brotherhood and justice etc then

lead society toward development. Academics activities and sports activities make a person social.

One of the main reasons of social immoral activities among the youth is leisure or free time. Children with free time always need to participate in sports activities. Lacking of sports participation among the children is the main cause of social deviant acts (Mahoney et al., 2006).

2. STATEMENT OF THE PROBLEM

Deviant behaviors of the student are increased in college and have been a source of worry for teachers, parents and educational authorities. The acts of deviance such as, disobedience, examination mal practices, indiscipline, corruption, misbehave, escaping from classes, dishonesty, bribery immorality and other has recently assumed unparalleled dimensions in colleges. Sports activities play very important role in the process of educating the youth particularly at college level because there is a great relation of education and sports activities. The researcher intended to launch a study about the role of sports in controlling deviant behavior among the female students at college level.

3. OBJECTIVES OF THE STUDY

1. To know the perception of female college teachers about the effect of sports in controlling deviant behavior.
2. To know the relationship between sports activities and deviant behavior of female participation in sports activities

4. SIGNIFICANCE OF THE STUDY

The present study may helpful to provide some information from the perception of teachers that sports may play role in controlling the deviant behavior. The prime focus of this particular study will not only to know the perception of teachers about controlling the deviant acts and understanding the trend of students towards sports but at the same time, to attempt some useful suggestion and knowledge that can prove helpful in clearing the misconception of people regarding the outcomes of the sport participation in colleges. This study will be help to divert the attention of the concerned authority toward sports activities

5. Hypotheses

The study is based on the following alternative hypotheses.

1. There is no significant effect of sports in controlling deviant behavior among females' students at college level as perceived by the female teachers.
2. No significant relationship will be found between sports and deviant behavior of female students at college level.

6. METHODOLOGY OF THE STUDY

6.1 Population of the Study

The population of this particular study comprised of all the female teachers working in different girl's Degree Colleges in the locality of District Dera Ismail Khan in the Province of Khyber Pukhtunkhwa (KPK) Pakistan.

6.2 Sample and Sample Size

There are 3 Govt: Degree colleges situated in the locality of District D.I.Khan (Khyber Pukhtunkhwa (KPK) Pakistan). It was quite difficult for the researcher to contact each and every respondent of the population .To overcome this difficulty the researcher selected only 60 female teachers, 20 teachers from each college by applying convenient or available sampling technique.

6.3 Instrumentation

For the purpose of data collection the researcher prepared a likert type questionnaire comprised of three options i.e. agree, undecided, disagree.

6.4 Procedure

The 60 copies of the final version of the questionnaire were distributed among the sample. They were given one day time to fill up the questionnaire. They were told that this information will only be used for the research purpose. After one day, the filled questionnaires were re-collected and the data were arranged in the form of data matrix on SPSS (version 16)

7. ANALYSIS OF DATA

Testing of hypotheses

H₀₁: There is no significant effect of sports in controlling deviant behavior among females' students at college level as perceived by the female teachers.

Table no. 1. Simple linear regression showing the effect of sports activities on deviant behavior

Model Summary^a

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.808 ^a	.653	.647	.40904

a. Predictors: (Constant), Sports Activities

b. Dependent Variable: Deviant Behavior

ANOVA^b

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	18.290	1	18.290	109.318	.000 ^a
	Residual	9.704	58	.167		
	Total	27.994	59			

a. Predictors: (Constant), Sports Activities

b. Dependent Variable: Deviant Behavior

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.670	.322		2.084	.042
	Sports Activities	.839	.080	.808	10.456	.000

a. Dependent Variable: Deviant Behavior

Fig. No. 1 Histogram residual of regression

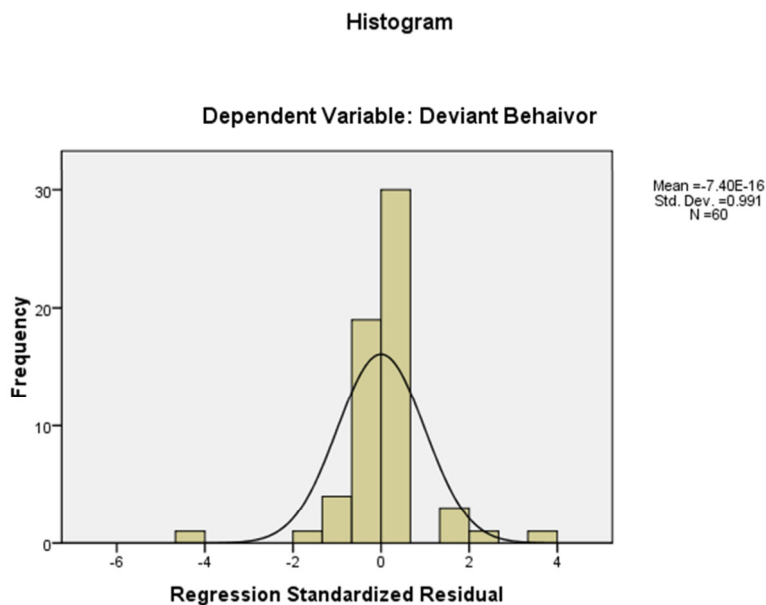
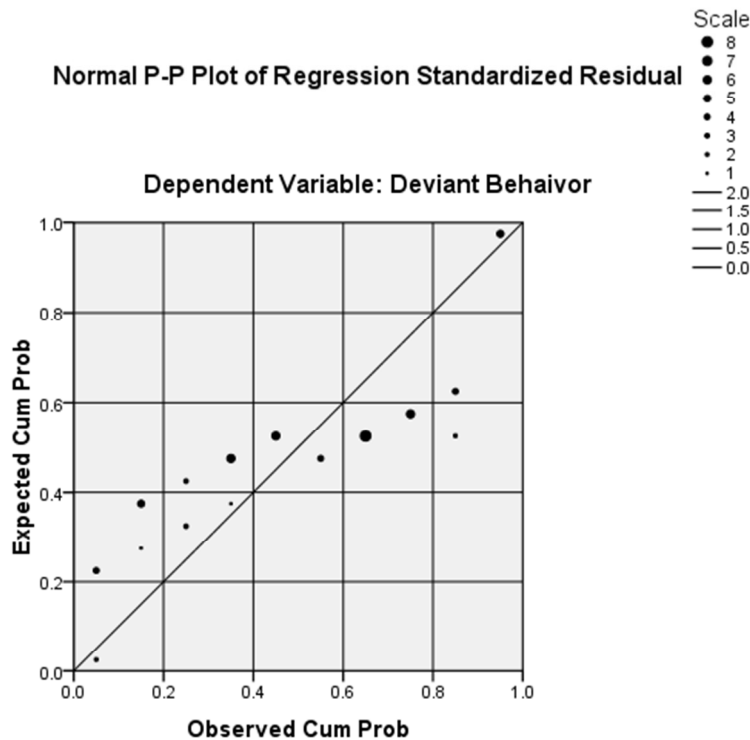


Fig. No. 2. Normal P-Plot of sports and deviant behavior



The table no 1 and figure 1, 2 showing the result of enter method regression. The table shows that there is significant effect of sports activities in controlling deviant behavior of female students. The sports significantly predict deviant behavior of female students, $\beta = .839$, $t(58) = 10.456$, $P < .000$. The sports also explain a significant proportion of variance in controlling deviant behavior of female student at college level, $R^2 = .647$, $F(1,58) = 109.318$, $P < .000$. Hence the null hypothesis is hereby rejected

H₀₂: No significant relationship will be found between sports and deviant behavior of female students at college level.

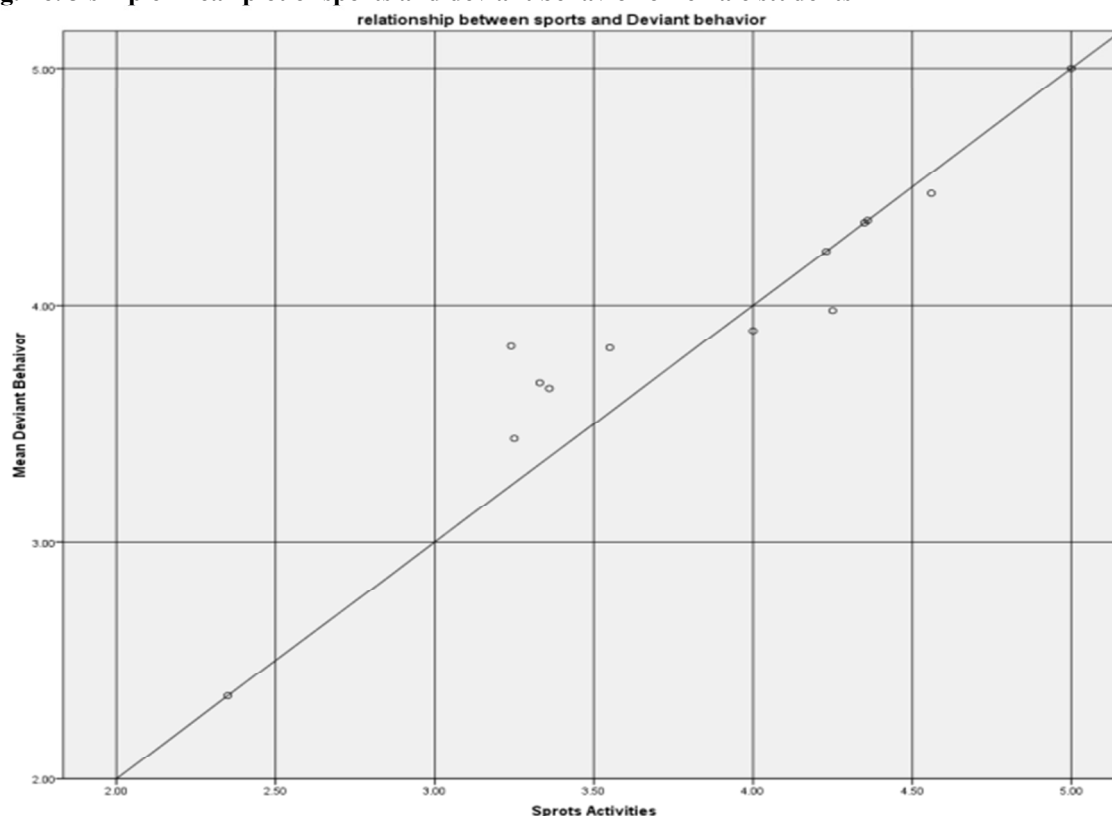
Table No. 2. Pearson's correlation showing the relationship showing the relationship between sport activities and deviant behavior of female students

Correlations

		Sports Activities	Deviant Behavior
Sports Activities	Pearson Correlation	1	.808**
	Sig. (2-tailed)		.000
	N	60	60
Deviant Behavior	Pearson Correlation	.808**	1
	Sig. (2-tailed)	.000	
	N	60	60

** . Correlation is significant at the 0.01 level (2-tailed).

Fig. no. 3 simple linear plot of sports and deviant behavior of female students



The table 2 and figure 3 showing the relationship between sports and controlling deviant behavior among female students at college level, the $r = .808$ which mean that the sports activities are 80% positively correlated with controlling deviant behavior among female students at college level. The p-value appears as .000 which is less than the alpha level $\alpha = 0.01$ ($.000 < .01$) which indicate that there is significant relationship between sports activities and controlling deviant behavior among female students at college level. Hence, the null hypothesis is hereby rejected.

8. CONCLUSION

In response to 1st research question majority of college teachers were aware of the role of sports in controlling deviant behaviors. They knows that sports is a key role for eradicating undisciplined acts among students

Similarly in response to 2nd question above 60% of respondents admitted that deviant behaviors can be control through sports participation they thought that sports is the tool for controlling undisciplined acts and improving educational values among student.

As it was hypothesized that sports doesn't play role in controlling deviant behaviors but hypothesis is wrong because the data reveals that one can control himself from immoral activities through sports participation.

In response to last research question majority of respondents agreed that this study can be helpful about the sports participation among female college students.

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