

INFLUENCE OF RELIGIOUS AND CULTURAL RESTRICTIONS UPON SPORTS PARTICIPATION

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Abstract

The main focus of the study is to examine the effect of religious and cultural restrictions upon sports participation among the secondary schools in the province of Khyber Pakhtunkhwa Pakistan. In this particular study, the formulated research hypotheses were tested by using different appropriate statistical techniques such as “there is no significant effect of religious and cultural restrictions on sports participation among the students of secondary schools in KP was tested through SIMPLE LINEAR REGRESSION. “There is no significant difference between the views of male and female respondents regarding the effect of religious and cultural restrictions upon students sports participation” was tested through t-test. There is no significant difference between the views of the respondent category-wise (teachers, parents and Head of the Institutions (HOIs) were tested through ANOVA. The population of this particular study comprised Teachers, HOIs, and parents in the province of KP, Pakistan. The researcher used multistage sampling techniques for the selection of sample. For the purpose of data collection, the researcher developed a Likert type questionnaire comprising 36 questions related to all aspects of the study. The result of this research study indicated that religious and cultural restrictions affect the participation of students in secondary schools of KP, Pakistan.

Keywords: (SS) Secondary schools, (KP) Khyber Pakhtunkhwa, (SSS) Secondary school sports, (HOIs) Head of the Institutions

Introduction

Cultural and religious restrictions mean all those religious and cultural restrictions that create hurdles in the way of sports promotion. Religious

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restrictions are considered to be among the prominent hurdles towards sport participation (Sarwar et al. 2010; Fleming, S. 1994). According to Porter, (2001) every teacher have their own value and importance of religion and culture and their level of understanding the religion and culture is also different from each other. So, the policy they make for sports activities in educational institution can affect the participation level of the students at school level, just because of their religious and cultural value.

Carroll and Hollinshead (1993) cited in Porter (2001) have declared the Ramadan as one of the religious restrictions for Muslims towards participation in sport. They argue that, on account of fasting, Muslims avoid to participate in strenuous sports activities due to lesser energy in the body. The author further argued that Muslims feel hesitant and also avoid participating in swimming because of the religious belief that during swimming, there exists likeliness for water to enter the stomach through the mouth (Dagkas, S., & Benn, T. 2006). Five time prayer is obligatory upon every Muslim man and women. Times for each prayer are decided and at the specified timings of prayers, a Muslim does not participate in sport activities (Esposito, 2002).

Religious beliefs can affect sports participation among the Muslim students (Chavltton et al. 2010).The majority of the Muslim girl's students void participating in sports activities due to their cultural and religious belief (Carroll and Hollinshead, 2001; Benn, T., Dagkas, S., & Jawad, H. (2011). Most of the students avoid active sports sessions because in sports they are required to wear a sports uniform and dress code makes the students reluctant towards participation in sports. A considerable proportion of the committed Muslim students avoid exposing their prohibited parts of their bodies to participate in sports activities because both, Muslim religion and culture have always upheld the sanctity of Muslims and does not allow Muslims to expose their body parts on account of wearing the sports dress. Every society has its own customs and traditions and it is the common observation that every individual strictly follow his\her custom and tradition of their culture. Every society has their own way of life such as some society can't allow the female to show her beauty and to wear the clothes which are not

according to the customs and traditions of the society. As a result, they can't participate in sports activities because the dress used for the participation in sports is not according to their customs and traditions. According to Payne and Fogarty (2007) social and cultural restrictions mean all those social and cultural beliefs and traditions which affect the Muslim women sports participation. For example, it is the general belief of the people of society that the participation of both Muslim women and men is restricted in sports activity. According to WSFF, it is a general belief of the people in the Muslim society that women are not for sports and sports is not for women. These beliefs of the society affect the Muslims women's sports participation. All the cultural and social beliefs effect the female sports participation.

According to Carroll and Hollinshead (1993) Lyons (1990) and Rai and Finch (1997) cited in Porter (2001) cultures and traditions of the society are considered among the restrictions in the way of sports. According to Allender, Cowburn and Foster (2006) sport should be conducted in accordance, need and relation to our social, cultural values and also keeps the economic condition in mind because these are the factors which affect the sports and physical activities. According to Haase et al. (2004) cultural and national developments are associated with physical fitness. Chinn et al. (1999) stated that the participation of sports activities is different from one society to another society. Similarly, the restrictions are also found different from society to society because every society has different culture and traditions.

Statement of the Study

It is important that our schools should provide a healthy and effective platform to the students where they may release their surplus energy and utilize their time in healthy and productive activities which in real sense may help in the wholesome development. Sports provides quite effective platform to gain healthy mind in the body. The extent to sports activities in the schools is quite concerning for many restrictions which create hindrance in the promotion of sports. In this particular study the researcher selected the religion and culture of Muslims as restrictions for sports participation among the students in secondary schools of KPK Pakistan.

Objectives of the Study

1. To examine the effect of religious and cultural restrictions upon sports participation of secondary schools students in KP Pakistan
2. To know the perception of male and female respondents regarding the effect of religious and cultural restrictions upon sport participation of secondary school students in KP, Pakistan
3. To point out the difference in perception of respondents category wise (teacher, heads of the institution and parents) regarding the effects of religious and cultural restriction upon sports participation of secondary school students in KP Pakistan.

Hypotheses of the Study

1. There is a significant effect of religious and cultural restrictions upon sports participation of secondary schools students in KP Pakistan.
2. There is no significant difference between the views of male and female respondents regarding the effect of religious and cultural restrictions upon sports participation of secondary school students in KP Pakistan.
3. There is no significant difference among the views of respondents' category-wise (teacher, parents and HOIs) regarding the effect of religious and cultural restrictions upon sports participation of secondary school students in KP Pakistan.

Research Methodology

The researcher adopted the following procedures for the completion of this research study

Population of the Study

The population of this particular study was comprised of all Teachers, Head of the Institutions (HOIs), and the Parents of students studying in secondary collage in the province of Khyber Pakhtunkhwa (KP) Pakistan.

Sample and Sample Size

There are 25 Districts and 1379 higher secondary Schools (Male-1069, Female-310) situated in Khyber Pakhtunkhwa (KP) Pakistan. It was quite difficult for the researcher to contact each and every school of the Province. To overcome this difficulty the researcher selected only 11 districts from the whole population by using cluster sample random technique. The researcher selected 4 schools from each district (2 male and 2 female) by applying convenient or available sampling technique. The researcher selected five teachers, one head of the institution from each school and 20 parents from each district through available sampling technique. So the total number of the sample from one district was 44 and the total number of the sample from the whole province (11 districts) was 484.

Instrumentation

The questionnaire was developed for data collection. For validity and reliability the questionnaire was put to the experts of Gomal University having PhDs degree. After gaining the experts view some of the items of the questionnaire were deleted, molded and refined. The reliability of the questionnaire was found 0.82. The questionnaire was a likert type consisting of five options (Strongly agree, agree, undecided, disagree and strongly disagree). Instructions were recorded, given considering the respondents difficulties.

Procedure

The final version of the questionnaire was distributed among the sample and after one day gape the fill questionnaire was collected back.

Result of the Hypotheses

H0:	There is no significant effect of religious and cultural restrictions on sports participation among secondary school students of KPK Pakistan.	Regressi on	Table 4.3
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H0: 2	There is no significant difference between the views of male and female respondents regarding the effect of religious and cultural restrictions on sports participation among the secondary school students of KPK Pakistan.	T test	Table 4.7
H0: 3	There is no significant difference among the views of respondent’s category-wise (teacher, HOI parents and) regarding the effect of religious and cultural restrictions on sports participation among the secondary school students of KPK Pakistan.	ANOVA	Table 4.13

Data Analysis

For the purpose of data analysis the research statistic Mean, Standard Deviation t-statistic ANOVA and Regression analysis were used. The t-statistic is used to check the difference between two means as in the case of male and female, ANOVA as in the case of Respondents(Teachers, Heads and Parents), Qualification(SSC, Graduate, and Master). The regression was used to check the cause and effect relationship.

Test of Hypothesis 3: There is no significant effect of religious and cultural restrictions on sports participation among secondary schools students of KPK Pakistan.

Table 4.1 *Effect of Religious and Cultural Restrictions*

Model	R	R Square	F	Sig	
1	.571(a)	.326	233.399	.000(a)	
Predictors: (Constant), Rcr Coefficients (a)					
Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		

1	(Constant)	2.65	.074		36.102	.000
	Rcr	.295	.019	.571	15.277	.000

Dependent Variable: collective

Table 4.1 shows the effect of religious and cultural restrictions on sports. The R square is .326 which means that 58% effect on sports is due to religious and cultural restrictions.

H.2: There is no significant difference between the views of male and female respondents regarding the effect of religious and cultural restrictions on sports participation of the secondary school students in KP, Pakistan.

Table 4.2 *Showing gender difference in religious/cultural restrictions*

Gender	N	Mean	SD	T-value	P-value
Male	322	3.63	0.88	-2.88	0.004
Female	162	3.87	0.85		

Table 4.2 shows that $T(482) = -2.88$, $P < .05$ which means that there is no significant difference between male and female on religious/cultural restrictions.

Test of Hypothesis 3: There is no significant difference among the views of respondent's category-wise (teachers, HOIs and Parents) regarding the effect of religious and cultural restrictions on sports participation among the secondary school students

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	5.179	2	2.590	13.191	.000

Within Groups	94.424	481	.196
Total	99.603	483	

Table 4.3: ANOVA showing the difference among respondents (teachers, HOIs and parents) on restrictions

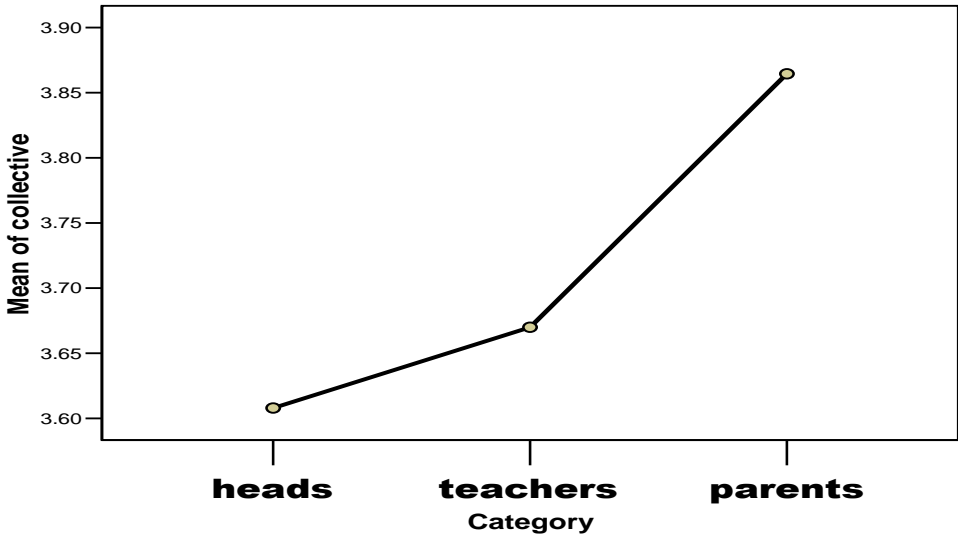


Table 4.3 shows that $F(2, 482) = 13.191, P < 0.05$ which means that there is a significant difference between three types of respondents (teachers, parents and HOIs) on view about the effect of religious and cultural restrictions of sports participation among the secondary schools students of KP, Pakistan.

Findings of the Study

Following findings were floated from the analyses

1. To test the first Hypothesis H01, The R square is .571 which means that 58% effect on sports participation among the secondary schools students of KPK Pakistan is due to religious and cultural restrictions.
2. Table 4.2 shows that $T(482) = -2.88, P < .05$ which means that there is no significant difference between the perception of male and female respondents regarding the effect of religious and cultural restriction on sports participation among secondary schools students of KPK Pakistan.

3. Table 4.3 shows that $F(2, 482) = 13.191$, $P < 0.05$ which means that there is a significant difference between three types of respondents (teachers, HOI and parents) on views about the effect of religious and cultural restrictions of sports participation among the secondary schools students of KPK Pakistan.

Discussion

This study was initiated for the purpose to know about the effect of religious and cultural restrictions on sports participation among the secondary schools students of KPK Pakistan. After the analysis, it was concluded that there is a significant effect of the religious and cultural restrictions on sports activities in secondary school of KPK. These results are supported by Landis (2005) conducted the research study and found that in the way of sports participation cultural influences and religious restriction create hurdles in the promotion of sports participation among Muslims students particularly for female sports participation. Daskapan, Tuzun and Eker (2006) conducted a research at university level, and classified the restrictions of sports participation in to two main types i.e. internal restrictions such as lack of time, lack of motivation, and lack of self-efficacy and the external restrictions such as lack of resources, lack of social support, cultural restrictions and religious restrictions. They concluded that the external restrictions have a significant impact upon the sports as compared to external restrictions.

Conclusion

In light of the findings of the study it has been concluded that religious and cultural restrictions affect the sport participation among the students at secondary level in the province of KP, Pakistan. All the three segments of the respondents e.g. Teachers, HOIs and Parents unanimously agreed that religious and cultural restrictions affect sport participation among the students at secondary level in the province of KP, Pakistan.

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