

## The Prevailing Barriers In Promoting Physical Activities Among The Bs Level College Students Of Khyber Pakhtunkhwa

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### Abstract

Barriers Of Sports Mean All The Hindrance, Hurdles And Obstacles In Way Of Sports Promotion. Physical Activities Promote Individual Health Through Physical Work, Exercise And Recreational Activities. A Physically Fit Person Can Provide Good Results With Minimum Efforts. Vitality Of Physical Activities Of The College Students Has Always Been Acknowledged. Proper Support Of Political Authorities Has A Great Role In The Development Of Sports And Physical Education. Lack Of Governmental Support And Concentration Lacking From The Concerned Authorities Considered A Barrier In The Way Of Sports And Physical Activities. Lack Of Awareness About Sports Among The Concerned Authorities Is Also A Hurdle In The Way Of Sports And Physical Education Development And Promotion. In This Study, We Investigated The Prevailing Barriers In Participation Of College Students Of Khyber Pakhtunkhwa (N = 400) In Physical Activities. Respondents Were Selected From All The Government Colleges Of Khyber Pakhtunkhwa (Male And Female). Results Indicated That There Were Significant Effect Of The Barriers Regarding, Poor Law And Order Situation Of Present Time Such As Improper Implementation Of Law, Improper Rules Regulations, And Improper Policies Is Considered As One Of The Barriers. Because Due To Poor Law And Order Situation A Very Little Number Of The Students Participate In Sports Activities At College Level.

**Keywords:** Mental Health, Exercise, Social, Parental Attitude, Benefits

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### Introduction

The Prevailing Environment In Khyber Pakhtunkhwa Is Not Encouraging For Sports

Participation Of The College Students. Similarly Bray And Born (2004) Narrated That There Are So Many Social, Environmental, Cultural, And Religious Barriers In The Way Of Taking Part In

Physical Activities In Pakistan Especially For Female College Students. Similarly Malina (1996) Stated That Physical Activity Form Among Teen-Agers Suggested A Difference Between Genders. Sallis (1993) Reported That Physical Activity And Gender Association Had Been Experiential And Originate That Female Relation Students Were 15% To 20% Inactive Than Male Students.

Therefore Apparent Barrier And Welfares Are Likely To Affect Person'S Choice To Contribute In Physical Activity Or To Adopt Optional Defensive Fitness Action.

Assumed The Fitness Welfares Of Steady Bodily Activity, We Might Have To Ask Why 2/3 (60%) Americans Are Not Vigorous At Suggested Ranks.

Numerous Homework Which Were Accomplished In Some Republics Assessed Apparent Welfares And Obstacles To Bodily Movement Amongst College Going Students.

Lack Of Time And Lack Of Motivation From The Parents/ Teachers Greatly Affect The Student's Involvement In Physical Activity. Similarly The Daskapan (2006) Stated That The Apparent Hurdles Were Distributed Into Two Groups: Interior Obstacles And Exterior Obstacles. The Inner Fences Were Grouped To Three Groups: Nonexistence Of Vigor, Absence Of Inspiration And Absence Of Self-Confidence. Also External Hurdles Were Come Together To Three Classes: Nonexistence Of Resource, Absence Of Societal Sustenance And Deficiency Of Time.

Involvement For Fresh Children Was Bring Into Being To Be More Pleasurable When Offspring Were Not Actuality Enforced To Contest And Conquest, But Stimulated To Experimentation With Different Actions. The Success Of The Young In Sports Depends Upon The Encouragements From The Parents And Other Family Members As Macphai L Et Al (2003),

Found Providing Offspring With Several Different Types Of Physical Movement And Game Stimulated Participation. Satisfaction And Support From Close Relative Were Also Essential. Blood Relation Shows A Big Part In Allowing Young Offspring Chances To Be Bodily Active.

Security And Safety Measure Also Play Predominant Role In Developments Of Sports And Games, That's Why Many Parents Are Not Allowing Their Children To Take Part In Physical Activities. Similarly Bostock (2001) Narrated That Mommies With Young Teenagers Disheartened Their Offspring From Playing In A Situation Seeming As Insecure. Porter Presented That Blood Relation Are More Helpful Of Action With Stress-Free Entrance, A Harmless Play Atmosphere, Decent 'Drop- Off' Engagements And Actions Existing For Other Fellows Of The Family.

Adult's Workout For A Sense Of Attainment, Skill Growth And To Spend 'Extra Time' On Themselves Away From Everyday Duties. Non-Exercisers Remembered Adverse College Practices As Causes For Not Partaking Hooked On Intermediate Stage.

It Is Considered That Sports Taking Person Are Normally Very Weak In Studies But Unlike To Chu (1982) Games Actions Performance Play A Dynamic Part In A Person's Lifecycle Mostly In College Studying Youngsters. The Youngsters Who Takings Part In Intercollege Games Not Only Mature The Body But Also Improve The Academic Achievements Also.

A Sound Mind Is In Sound Body (Socrates). It Is Observed That Students Engaged In Physical Activities Greatly Achieve Their Educational Goals And Brilliant In Their Studies. However, Most College Or Educational Sportsmen Some Time Shows Poor Performance In Academic Studies Due To Spending More Time In Camps, Travelling Far For Game Competitions On

Different Level Like Inter-Colleges, Provincial Level, National And International Level. Similarly, Khan (2004) Said That “Being Game Person Maximum Of The Pupils Have Given Away Good Educational Outcomes On Their Recognitions Mainly At College Level”. Studies Show That Involvement In School/College Sports Not Only Develops The Schoolboy’s/ College Boys Bodily But Also Intellectually (Van, 1971). Kalakian And Goldman (1976) Identified That Appropriate Action Of The Figure ( Physique ) In Early Stages Established The Intellectual Or Aptitude Of The Teenagers. Similarly, Khan (2004) Also Stated That The “Decreasing Position Of Education Can Be Enhanced Through Physical Activities. Therefore, It Is Concluded That Educational Attainments Of The Children Cannot Be Boosted Properly Without Commitment In Physical Activities. In Many Parts Of The World, Sporting Actions Are Assumed Due Reputation At College Level And College Boys Can Be Assisted To Partake In Different Physical Activities. In Pakistan, The Degree Of Services And The Level Of Partaking In Sports Amongst School Age Children Are Noticeably Low. There Might Be Several Reasons Behindhand This. But One May Possibly Be The Abundant Barriers That Confine Sporting Actions At Institute Level And Ultimately Take Away School Schoolchild To

### **Sample Size And Sampling**

Using Standard Sample Determination Table Of Krejcie And Morgan, 400 Students Were Selected As Sample Size. Stratified Sampling Technique Has Been Used. To Select Proper Number Of Students From Each Bs College, Of District Peshawar, Proportional Allocation Method Has Been Used As  $(N_1 = N \cdot N_{1/N})$ . Questionnaires Were Distributed Among Students And They Were Asked To Tick The Relevant Column. After Collection Of Data, Appropriate Statistical Test (Chi Square) Was Used To Analyze Data. Computer Software Spss 23 Was Used In Data Analysis.

Obtain The Welfares Of Sports Partaking. We Can Categorize These Barriers Into Five Categories Comprising Governmental, Institutional, Economic, Cultural & Religious And Parents Student Barriers.

### **Research Methodology**

The Present Study Was Conducted During 2020. Quantitative Research Technique Was Followed For Data Collection From The Target Population. The Purpose Of This Technique Is To Determine, Investigate, And Generate Results And Theories That Are Generalizable. Therefore The Results Of Quantitative Research Present The Greatest Probability In Implication In Setting. One Of The Real Advantages Of Quantitative Method Is Their Ability To Use Smaller Group Of People To Make Inferences About Large Group That Would Be Prohibitively Expensive To Study (Holton & Burnett 1997). Descriptive Research Method Was Followed In Order To Achieve The Objectives Of The Study. Questionnaires Were Prepared In English And Urdu. There Were At Least 25 Twenty Five Questions In Each Questionnaire Prepared For Students Asking About The Prevailing Factors Negatively Affecting The Students’ Participation In Physical Activities. Questionnaires Were Prepared In Easy Language.

### **Findings And Discussion**

The Aim Of This Study Was To Know The Prevailing Barriers In College Level Physical Activities Of District Peshawar. Results Demonstrated That There Were Significant Effects Of The Barriers Regarding Lack Of Facilities, Playgrounds, Sports Gears, Lack Of Parental And Student’s Interest In Their Participation In Sports In Colleges. Data Presented In Table 2 Shows That There Were Significant Variation Among Respondents For Their Views Regarding The Barriers Pertaining To College Students’ Physical Activities. Data Revealed The Following Findings:

➤ 48 % Of The Students Were Strongly Disagree , 7 % Disagree, 7 % Neutral, 24% Agree And 14 % Were Strongly Disagree That Government Is Providing Sufficient Facilities To Educational Institutions For Promoting Sport Activities.

➤ 56 % Of The Students Were Strongly Disagree, 7 % Disagree, 17 % Neutral, 13 %

Agree And 7 % Were Strongly Agree That There Are Playground Facilities In The College.

➤ 40 % Of The Students Were Strongly Disagree, 19% Disagree, 4% Neutral, 23% Agree And 14 % Were Strongly Agree That Sports Gears Are Available In The College.

**Table 2.** Students' Responses Regarding The Prevalent Barriers In Physical Activities

Barriers	Respondents' Views (%); N = 400				
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Government's Provision Of Facilities	14	24	7	7	48
Availability Of Playgrounds	7	13	17	7	56
Availability Of Sports Gear	14	23	4	19	40
Parent's Attitude	2	1	2	13	82
Students' Interest	4	7	12	20	57
Availability Of Sports Coaches	6	14	4	10	66
College Administration's Interest	10	22	9	11	48
Cultural/Religious Restrictions	2	8	8	18	64
Place In College Syllabus	3	13	14	10	60
College Time Table	2	2	2	15	79
Bookish Study	2	7	15	28	49
Gender Influence	1	4	8	15	72
Busy Study Schedule	1	3	7	3	86
Lack Of Awareness	1	8	3	39	49
Computer Based Recreations	1	3	4	16	77
Weak Approach To Physical Activity	1	3	17	33	46
Dpe's Interest	2	16	7	10	65
Parental And Social Interest	2	5	9	---	84
Fear Of Injury	1	4	3	39	53
Fear Of Injury	5	7	12	18	58

➤ 82 % Of The Students Were Strongly Agree, 13 % Agree, 2% Neutral, 1% Disagree, And 2% Were Strongly Disagree That Parents Of The Students Are Focus On Academic Achievements Only.

➤ 57 % Of The Students Were Strongly Agree, 20% Agree, 12% Neutral, 7% Disagree 4% Of The Students Were Strongly Disagree

That Students Interest Also Count For Lesser Physical Activities.

➤ 66 % Of The Students Were Strongly Disagree, 10% Disagree, 4% Neutral, 14% Agree, And 6 & Were Strongly Agree That There Are Sports Coaches/ Trainers Available In The Colleges.

➤ 48 % Of The Students Were Strongly Disagree , 11 % Disagree, 9% Neutral, 22 %

Agree And 10 % Were Strongly Agree That Administration Of The College Takes Interest In Promotion Of Sports.

➤ 64 % Of The Students Were Strongly Agree, 18 % Agree, 8 % Neutral, 8 % Disagree, And 2 % Were Strongly Disagree That Cultural And Religious Restrictions Also Count For Lesser Physical Activities.

➤ 60 % Of The Students Were Strongly Agree, 10 % Agree, 14 % Neutral, 13 % Disagree And 3 % Were Strongly Disagree That Lack Of Provision For Physical Activities In College Syllabus.

➤ 79 % Of The Students Were Strongly Agree , 15 % Agree, 2 % Neutral, 2 % Disagree, And 2 % Were Strongly Disagree That There Is Not Enough Time For Physical Activities In College Time Table.

➤ 49 % Of The Students Were Strongly Agree , 28 % Agree, 15 % Neutral, 7 % Disagree, And 2 % Strongly Disagree That Bookish Study At College Level Is The Cause Of Lesser Participation In Sports.

➤ 72 % Of The Students Were Strongly Agree, 15 % Agree, 8 % Neutral, 4 % Disagree, And 1 % Were Strongly Disagree That Gender Influence Restrict Female Participation In Sports.

➤ 86 % Of The Students Were Strongly Agree , 10 % Agree, 3 % Neutral, 1 % Disagree, That Tough And Busy Study Schedule Disturb The Students Participation In Sports.

➤ 49 % Of The Students Were Strongly Agree, 39 % Agree, 3 % Neutral, 8 % Disagree And 1 % Strongly Disagree That Lack Of Awareness About Physical Activities Is Also Cause For Lesser Participation.

➤ 77 % Of The Students Were Strongly Disagree, 16 % Agree, 4 % Neutral, 3 % Disagree And 1 % Strongly Disagree That There Is Plenty Computer Based Recreation For Students Now A Days.

➤ 46 % Of The Students Were Strongly Agree, 33 % Agree, 17 % Neutral , 3 % Disagree,

1 % Strongly Disagree That General Approach Towards Physical Activities Are Very Weak.

➤ 65 % Of The Students Were Strongly Agree , 10 % Agree, 7 % Neutral, 16 % Disagree, And 2 % Were Strongly Disagree That Dpe Interest Also Cause For Lesser Participation In Physical Activities.

➤ 84 % Of The Students Were Strongly Agree, 9 % Agree, 5 % Neutral, And 2 % Were Disagree That Lack Of Parental And Social Interest Also A Cause For Lesser Participation In Sports.

➤ 53 % Of The Students Were Strongly Agree , 39 % Agree, 3 % Neutral, 4 % Disagree, 1 % Strongly Disagree That Students Do Not Take Part In Physical Activities Due To Lack Of Confidence.

➤ 58 % Of The Students Were Strongly Agree, 18 % Agree, 12 % Neutral, 7 % Disagree, And 5 % Were Strongly Disagree That Students Do Not Take Part In Sports Due To Fear Of Injury.

Participation In Physical Activities For Youth In General And For Students In Particular Are Very Important Because They Are Positively Correlated With Good Physical Health, Psychological Wellbeing, And Academic Progress. In Many Studies Such As Those Reported By Lowry Et Al. (2000), Nguyen-Michel Et Al. (2006), Mcarthur & Raedeke (2009) And Samir Et Al. (2011) It Has Been Documented That Active Participation Of Students And Youth In Physical Activities Reduces The Risk Of Heart Attacks, Obesity, Depression, Various Cancers And Type Ii Diabetes. Moreover, Engagement In Sports And Other Physical Exercises Of Students Tend To Contribute To Their Academic Achievements. Thus It Is Necessary To Provide All Necessary Infrastructure, Facilities And Counseling About The Importance Of Physical Activities And Their Effect On Mental, Physical, Emotional And Academic States Of Students. Several Factors Influence The Active Participation Of Students



At College Level In Physical Activities. As Highlighted In Our Study, Barriers In Promotion Of Students' Participation In Physical Activities At Inter College Level Of Peshawar Were Diverse; However, Major Hindrances Based On Respondents' Opinion Expressed In Percentage Were Busy Study Schedule (86 %), Lack Of Parental And Social Interest (84 %), Parental Preference Of Academic Achievements Over Physical Activities (82%) And Negligence Of Sports Activities In College Time Table (79 %). Possible Causes Of These Barriers Are Lack Of Awareness In Parents, Students And Society About The Significance Of Physical Activities. Similarly, The Government Is Not Giving Priority To This Important Component Of Education Possibly Due To Lack Of Availability Of Funds. In General, Our Findings Are In Close Agreement With Those Documented By Dorovoloma And Hammond (2005), Daskapan Tuzu And Eker (2006), Sajwani Et Al. (2009), Chavilton Et Al (2010), Mahmood Et Al. (2012), Almas Et Al. (2013) And Nasim Et Al. (2014).

### Conclusion

Our Study Concludes That Major Barriers In Promoting Participation Of Inter Level Students Of District Peshawar In Physical Activity Are Busy Study Schedule, Lack Of Parental Interest, Negligence Of Sport Activities In Syllabus And College Time Table, Gender Influence, Computer Based Recreations And Governmental Hurdles Etc.

### Recommendations

Based On The Findings Of This Study, It Is Recommended That Tough And Busy Study Schedule Be Avoided In College. Proper Curriculum Of Physical Activities May Be Introduced At Primary Level To Provide A Solid Base To The Students At College Level. Interest Of Director Physical Education (Dpe) In Sports Has A Great Effect On Sport Activities, Therefore He May Be Motivated And Incentives

Should Be Given For Good Performance During Sport Competitions. The Government Should Allocate Proper Funds Keeping In View The Strength Of The Students In Annual Departmental Program For Each College Regarding Physical Activities. There May Be Some Incentives Like Issuing A Kit And Certificate Of Participation To The Students Should Be Granted For Motivational Purpose.

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