



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2018; 5(2): 60-63
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www.kheljournal.com
Received: 11-01-2018
Accepted: 12-02-2018

Jayabharathi A
Physical Education Directory
SRSMNGFGC Barkur
Udupi District, Karnataka, India

A study on parental occupation, locality, religion and level of sports participation of high school girls in coastal Karnataka

Jayabharathi A

Abstract

Sports contribute for physical health and social wealth of all age group of people. And it is regarded as “social good”. The evidences indicate that the opportunities for participation and physical activities from early childhood itself will have a significant influence on the future participation of children in various sports events. There are many reasons behind girls participation and non participation in sports. This qualitative study investigates the influences of Parental occupation, Locality and Religion and level of sports participation of high school girls in Coastal Karnataka. Their participation in sports also has some damaging effects on family and relationships, children which were addressed very little in few literatures.

Keywords: Girls, sports, locality, parents occupation, religion, Coastal Karnataka, empowerment, society etc

Introduction

Sports contribute for physical health and social wealth of all age group of people. And it is regarded as “social good”. The evidences indicate that the opportunities for participation and physical activities from early childhood itself will have a significant influence on the future participation of children in various sports events. We all are living in the era of science and communication. The present era is most dynamic and challenging. Regardless of caste, creed, religion and domicile, all kind of people are considered as equally competent in all streams. But, when speaking about the gender equality in the society, females are given with secondary importance. Whether the culture is Eastern or Western, there are gender based misconceptions and prejudices about females. From the ancient civilization to till today, females are treated as inferior to males. In India till to date, the gender stereotype about females’ sports participation is existing. Recently in some metropolitan areas of India, the gender discrimination is diminishing and equal opportunity for women is given in sports. The present governments are making efforts in getting more females into the field of sports. But much more efforts are required to generate female participation in various types of sports. The addition of women into the field of sports will ameliorate the spreading and renovation of the various types of sports.

The reasons for girl’s participation in sports

There are many positive reasons by which girls do participate in sports. Few of them are parental support, Influence of significant people, The personal experience, The positive outcome, The rewards and recognitions, Development of different skills, The physical fitness, Motivational factor, Self-confidence and self-concept, Enhancement of lifestyle and mental health.

The reasons for girl’s non-participation in sports

Girls avoid sports participation because of Biological factors, Psychological factors, Fear and shame about failure, Lack of motivation and aversion, Body image concept, Social Physique Anxiety, Social factors like Difficulties in socialization, Gender stereotypes and restrictions, Social stigma, Parental encouragement and support, Lack of proper athletic role models,

Correspondence
Jayabharathi A
Physical Education Directory
SRSMNGFGC Barkur
Udupi District, Karnataka, India

Pressure of peers and friends, Travelling and safety issues, Financial issues, Issues pertaining to the Culture and Religion, Other habits and hobbies.

Purpose of the study

This qualitative study investigates the influences of Parental occupation, Locality, Religion and level of sports participation of high school girls in Coastal Karnataka. Therefore, influence must be examined within the context of its environment, particularly when assessing the influence parents have upon a child's. Thus there is a strong need to find out the influence of socio-cultural factors influencing adolescent females' sports participation.

Unfortunately as rural girls are not given adequate facilities and exposure for sports in schooldays itself, when they grow older they hesitate to take part in physical education activities. If we observe in the field of sports majority of the athletes hailed from rural areas. Presently State and Central Governments have many plans to uplift sports in India. Let's hope that these plans will execute properly so that our girls will get more and more opportunities to come up in their future.

Literature review

Bibi *et al.*, (2016) evaluated the parental concerns like finance, attitude and motivation and their impact on female athlete's participation in sports. The main objective of the study was to identify the parental problems of the female athletes in connection to their participation in sports at elite level in Khyber Pakhtunkhwa, Pakistan. For the study, the researchers selected a representative sample of 140 female athletes from different areas of Khyber Pakhtunkhwa. The responses were analyzed using step-wise regression method. The results revealed that most of the athletes have parental problems related to finance, attitude and lack of motivation to motivate their children to participate in sports.

In a recent study, Adeyanju (2011) explained that the enthusiasm for active involvement in sports grows in children before the age of 6 or 7 years as a result of their parent's stimulation. The parents of present decade motivate their girl children to participate in sports and also provide the needed facilities.

In a study conducted by Dutt, Bhan and Singh (1989) revealed that girls are deprived from sports participation

because of certain social factors like caste, gender, socio-economic status and domicile. The results implied that the girls belonging to 'Jhat' caste participated more in sports than girls belonging to scheduled caste. The scheduled caste girls did not participated in sports because of financial burdens involved in sports also. Further, the boys hailing from rural and urban area were found to have higher sports participation than their counter parts. The authors emphasized that a strong revolutionary social change is needed in society to make the sports more democratic and equal to all irrespective of gender and caste.

Methodology

The descriptive survey research design was adopted for the study. 308 respondents are selected from 10 colleges from the Coastal belt of Dakshina Kannada, Udupi and Uttara Kannada Districts of Karnataka State. Questionnaire is used to collect the data. Cross tab analysis and Percentage analysis is used to analysis the data.

Limitations

1. The study is confined to Colleges of Coastal Karnataka only.
2. The questionnaire in itself has its own limitations. As such any bias opinion that might be given by the subject in the form of responses that affect the result of the study might be considered as limitation of the study.

DE Limitations of the study

The quality information of the study is purely based on willingness and co-operation of the physical education teachers of various schools and their women athletes to disclose facts. The traditional conservative attitude of physical education teachers and school students not to provide appropriate and adequate information to the investigator may acts as limiting factors of the research findings. Some of the limiting factors are:

- The findings based on the data supplied by the respondent.
- The study is limited to schools of Coastal Karnataka.

Statistical Analysis and Discussion

Parent's Occupation

Table 1: Showing the percentage of sports participation, χ^2 , degrees of freedom, p value and interpretation of females having different parental occupations across the type of institutions.

Variable	Type of Institutions			χ^2	df	p Value	Interpretation
	Government in Percentage (N= 148)	Aided in Percentage (N=116)	Private in Percentage (N=44)				
Daily Wages	70.30	59.50	50.00	21.75	6	0.001	Highly Significant
Officials	9.50	12.10	15.90				
Businessman	16.90	10.30	22.70				
Agriculturist	3.40	18.10	11.40				

The above table depicts the influence of parental occupation on adolescent female's sports participation across the type of institutions. Under Government institutions, the percentage of influence of parental occupations such as daily wage workers, officials, businessmen and agriculturists are 70.30, 9.50, 16.90 and 3.40 respectively. This indicates the children of daily wage workers participate more in sports than their counterparts.

With regard to the Aided institutions, the percentage of influence of parental occupations such as daily wage workers, officials, businessmen and agriculturists are 59.50, 12.10, 10.30 and 18.10 respectively. This indicates the children of daily wage workers participate more in sports than their counterparts.

Finally, under Private institutions, the percentage of influence of parental occupations such as daily wage workers, officials, businessmen and agriculturists are 50.00, 15.90, 22.70 and

11.40 respectively. This also indicates that the children of daily wage workers participate more in sports compared to the other children's of other parental occupations. Further, the obtained χ^2 value is 21.75 which is highly significant at 0.001 level. This implies that the parental occupation has significant influence on the sports participation of females. The observation of the above table values reveal that the highest influencing parental occupation

on female's sports participation is daily wages work among all the type of schools. The children of daily wage workers studying in government schools participate highly than children of daily wage workers studying in aided and private institutions.

Locality

Table 2: Showing the percentage of sports participation, χ^2 , degrees of freedom, p value and interpretation of females who belong to different localities across the type of institutions.

Variable	Type of Institutions			χ^2	df	p Value	Interpretation
Locality	Government in Percentage (N= 148)	Aided in Percentage (N=116)	Private in Percentage (N=44)				
Rural	81.80	50.00	54.50	33.84	4	0.000	Highly Significant
Urban	15.50	38.80	31.80				
Semi-Urban	2.70	11.20	13.60				

The above table depicts the influence of type of games on adolescent female's present sports participation across the type of institutions. Under Government institutions, the percentage of sports participation of adolescent females hailing from Rural, Urban and Semi-urban areas are 81.80, 15.50 and 2.70 respectively. This indicates that the adolescent females hailing from rural areas participation rate is higher than female adolescents coming from Urban and Semi-urban areas.

In case of Aided institutions, the percentage of sports participation of adolescent females hailing from Rural, Urban and Semi-urban areas are 50.00, 38.80 and 11.20 respectively. This also indicates that the adolescent females hailing from rural areas participation rate is higher than female adolescents coming from Urban and Semi-urban areas.

Under Private institutions, the percentage of sports

participation of adolescent females hailing from Rural, Urban and Semi-urban areas are 54.50, 31.80 and 13.60 respectively. Similar to the above two cases, here also the adolescent females hailing from rural areas found to participate is more than their counterparts.

The χ^2 value obtained is 33.84, which is highly significant at 0.000 level. This implies that there is significant influence of locality on the sports participation of adolescent females. The result shows that the adolescent females coming from rural background and studying in Government institutions found to have significantly higher sports participation than female adolescents of other two localities and studying in Aided and Private Institutions.

Level of Participation

Table 3: Showing the percentage of sports participation, χ^2 , degrees of freedom, p value and interpretation of females who have participated in different levels across the type of institutions.

Variable	Type of Institutions			χ^2	df	p Value	Interpretation
Level of Participation	Government in Percentage (N= 148)	Aided in Percentage (N=116)	Private in Percentage (N=44)				
School	79.7	68.10	47.70	11.56	2	0.000	Highly Significant
Taluk	12.8	25.90	22.70				
District	3.40	4.30	27.30				
State	2.0	0.90	2.30				
National	0.0	0.00	0.00				
Never played	2.0	0.90	0.00				

The above table depicts the influence of level of participation on adolescent female's present sports participation across the type of institutions. Under Government institutions, the percentage of sports participation of adolescent females in different levels like School, Taluk, District, State, National level and never played areas are 79.70, 12.80, 3.40, 2.0, 0.0 and 2.0 respectively. This indicates that the females participate more in school level will not go for higher levels of participation much.

In case of Aided institutions, the percentage of sports participation of adolescent females in different levels like School, Taluk, District, State, National level and never played areas are 68.10, 25.90, 4.30, 0.90, 0.0 and 0.90 respectively. Again, this also indicates that the females participate more in school level will not go for higher levels of participation much.

Under Private institutions, the percentage of sports participation of adolescent females in different levels like School, Taluk, District, State, National level and never played areas are 47.70, 22.70, 27.30, 2.30, 0.0 and 0.0 respectively. This indicates that the females participate more in school level will not go for higher levels of participation much.

The χ^2 value obtained is 33.84, which is highly significant at 0.000 level. This implies that there is significant influence of level of sports participation on the present sports participation of adolescent females. From the above results it is evident that the adolescent females participate significantly more in school level regardless of the type of institution. Further, the females studying in Government schools found to have significantly higher sports participation than female adolescents of other two types of schools.

Religion

Table 4: Showing the percentage of sports participation, χ^2 , degrees of freedom, p value and interpretation of females belonging to different religions across the type of institutions.

Variable	Type of Institutions			χ^2	df	p Value	Interpretation
	Government in Percentage (N= 148)	Aided in Percentage (N=116)	Private in Percentage (N=44)				
Hindu	70.30	94.8	68.20	70.84	4	0.000	Highly Significant
Muslim	29.10	4.30	11.40				
Christian	0.70	0.90	20.50				
Others	0.0	0.0	0.0				

The above table 4.1 depicts the influence of religion on adolescent female's present sports participation across the type of institutions. Under Government institutions, the percentage of sports participation of adolescent females belonging to Hindu, Muslim, Christian and other religions are 70.30, 29.10, 0.70 and 0.0 respectively. This indicates that the females belonging to Hindu religion participate more in sports than their counterparts.

In case of Aided institutions, the percentage of sports participation of adolescent females belonging to Hindu, Muslim, Christian and other religions are 94.80, 4.30, 0.90 and 0.0 respectively. This also implies that the females belonging to Hindu religion participate more in sports than their counterparts.

Under Private institutions, the percentage of sports participation of adolescent females belonging to Hindu, Muslim, Christian and other religions are 68.20, 11.40, 20.50 and 0.0 respectively. Again, this also indicates that the females belonging to Hindu religion participate more in sports than their counterparts.

The χ^2 value obtained is 70.84, which is highly significant at 0.000 level. This implies that there is significant influence of religion on the sports participation of adolescent females regardless of the type of institutions. Further, the results emphasize that adolescent Hindu females studying in Aided schools have significantly higher sports participation rate than female adolescents of other two religions. The restrictions imposed by the religion on sports activities may be crucial factor which hindered their sports participation.

Conclusion

With this survey we mainly observed that Parental occupation, Locality, Religion may influence the sports participation of high school girls in Coastal Karnataka. It is observed that rural girls are strong and they have most of the physical fitness components because of the lifestyle and food habits. Study was done on high school girls of Government, Private and Aided Schools of Coastal Karnataka.

Suggestions

Government, Educational Institutions and parents must take the following steps

- Appointing Physical Education Teachers / Coaches in the School/colleges
- Providing adequate sports facilities so that girls will get motivated to take part in sports
- Providing sports hostel facilities for rural girls.
- Creating awareness among girls and their parents about the benefits of sports participation.
- Organising more and more sports competitions for girls, so that they get more exposure and interest.

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