

# COMMUNITY'S PERCEPTION ABOUT FEMALE PARTICIPATION IN SPORTS



**SUNAINA BUKHARI**

Department of Sociology

# COMMUNITY’S PERCEPTION ABOUT FEMALE PARTICIPATION IN SPORTS



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By

**Sunaina Bukhari**

Department of Sociology

Quaid-I-Azam University Islamabad, Pakistan

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## **Abstract**

*This study explored community perception about girls, participation in sports in Chitral, Khyber Pakhtunkhwa Pakistan. The main objective was to know the community perception and perspective on girls' sports. The study was quantitative. A sample of this was study by employing stratified random sampling. Questionnaire was used as tool of data collection. The study findings show that female have inspiration for sports but have less participation due to lack of infrastructure and community attitude.*

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## **Chapter No. 1**

### **INTRODUCTION**

This study examined community's perception about female's sports in Booni Chitral Khyber Pakhtunkhwa, Pakistan. Sports is an essential and important part of any community. Sports and physical exercises are extremely important for mental prosperity of everybody's. Researchers found that investment in sports has a constructive outcome for the too young ladies and ladies. As ladies are more helpless against bosom malignant growth, sports, and physical action can lessen the likelihood of bosom disease and osteoporosis, the person who takes an interest in sports are less inclined to utilize drugs, and the downturn level is dwindled also. Further, the danger of self-destruction rates is extremely low, more averse to be associated with sexual exercises, and has high instructive accomplishment and a more beneficial self-assurance level (Staurowsky et al., 2009: Sage & Eitzen, 2013). According to examines females who are occupied with sports exercises used to know their self-esteem. They additionally get enabled through games that can clean their aptitudes (Robinson & Ferraro, 2004: Staurowsky et al., 2009).

Participations in such sort of physical exercises will prompt accomplishing scholastic goals, females can undoubtedly bargain issues that occur throughout everyday life and fewer odds of corpulence and Sports is characterized based on a masculine way. The view of individuals about females is that they are genuinely frail, they can't control their feelings (Sage and Etize, 2013). As individuals see sports as a manly thing, so young ladies are viewed as unfit to perform well in sports and pondered as people who have less enthusiasm for doing any physical activity. Then again, School instructors additionally believe that guys will be acceptable at physical exercises than young ladies (Hay and Macdonald, 2010).

With regards to Pakistan, which is a Muslim nation, where the populace is expanding step by step. Half of the populace are ladies, yet because of a male-overwhelmed society, there still exists sex imbalance. The impression of individuals identified with ladies is that ladies would just be a decent mother, a decent sister, or a decent spouse, and her appropriate spot is only home. Accordingly, the females in Pakistan are as yet confronting issues in the inclusion in sports, these issues incorporate the games pack as Muslim ladies are restricted to wear a short dress in broad daylight and the issue of playing with guys (Qureshi and Ghouri, 2011).

Numerous social orders despite everything see that the ladies' place is in the kitchen, to deal with family unit work legitimately and to convey care to the family and kids Ikulayo (1998). Ladies who do take an interest in sports rivalries are seen in a manly way (Jones and Greer, 2011).

### **1.1 Statement of the Problem**

Community perception about participation of female in sports. Issue of women sports remain subject of research and academic research for sociologist and feminist researchers all over the world (Ullah and Skelton, 2016). Most of these studies have identified different barriers and hurdles in different social and cultural context. For instance, Ullah and Skelton identified gender equality and sports in the context of KPK while focusing on school textbooks. Similarly, (Ullah and Ullah, 2020) studied the women participation in sports while focusing the women of Pakistan. I intended to focus on the perception of males about female participation in sports in the context of Chitral mainly concerned with gender equality and feminism approach.

### **1.2 Objectives of the Study**

Following are the objectives of this research:

1. To explore the perception of young adults about female's participation in sports

2. To know gender difference in the perception of young males and females about female's participation in sport

### **1.3 Hypothesis**

#### **Alternative Hypothesis (H<sub>1</sub>)**

There is a significant gender difference between the perceptions of young males and females about the participation of females in sports.

#### **Null Hypothesis (H<sub>0</sub>)**

There is no significant gender difference between the perceptions of young males and females about the participation of females in sports.

### **1.4 Significance of the Study**

This research will assist with making mindfulness among individuals about the significance of sports; follow by in serving to beat the difficulties that are looked by females as to their investment in sports in the nearby setting. Participation in sports has a Physiological and social effect on ladies and young ladies' life. Their certainty level becomes expanded young ladies and ladies are socially dynamic and sports investment is a sort that engages females around the globe. The study will help in evaluating how much differentiation is found between genders in the citizens of Chitral and what are their perceptions about it. This will help in highlighting the gaps in the society that are restricting females to take part in sports.

### **1.5 Organization of the Study**

Chapter one incorporated the introduction to the topic along with the basic research parameters such as objectives, research questions and rationale of the study. In chapter two, there will be a literature review of the already existing studies. Chapter three explain the research methodology adopted for data collection and data analysis. In chapter four, the analyzed data is presented in the form of tables along with their explanation. Chapter five deals with the discussions of the result and concludes the research by presenting appropriate suggestions.

## **Chapter No. 2**

### **REVIEW OF THE RELEVANT LITERATURE**

This chapter present literature review. The chapter skims findings from many studies for good understanding of the issue in hands.

Methney (1965), classified games as manly or ladylike movement, based on a lot of attributes which are related to male and female. Postow (1980), Commitment, strengths, and seriousness are the sure seen characteristics of a male, so sports exercises are all contained such mentalities.

Koivula (2001), sports are viewed as manly since it's the use of every robust stuff. B-ball, ice hockey, baseball, soccer, and football are such games in which decisiveness becomes a significant factor so on that bases these games are innocently seen more. Additionally, flawlessness and style are the sexual orientation cliché saw properties of females. Vaulting or figure skating is customarily seen ladylike games, since all these sorts of game grant females to show their appeal, shrewdness and their excellence, while volleyball, tennis, and swimming are seen as Neutral game (Koivula,2001,Riemer &Feltz,1995 ).

In each general public, some outlines are moved from one age to another. Through such blueprints, individuals get familiar with the contrasts among males and females and follow up based on those patterns (Mcvee, Dunsmore &Gavelek, 2005).

As media is one of the apparatus which unmistakably speak to the sexual orientation compositions of the general public. Like female competitors are being misjudged in media. As per Billings Alone and Denham (2002), females and males are evaluated distinctively, for example, female competitors are surveyed based on their self-perception and male competitors are surveyed based on the athletic capacity. Media see that females competitors must be thin,

more excellent so the appreciation of spectators about the females' competitors resembles equivalent to it describe in media as little and lean (Martin and Martin, 1995).

An examination has been done about the impression of female competitors on the depiction of female models in publicizing sports. In this examination, the impression of female understudies has both positive and negative somewhat, that some member indicated that in a couple of notice females are depicted in a very much molded way of life and sound appearance, while few contended that the portrayal of models is identified with sex requests like their face looks, bare leg and thin body. So this research investigate reasons that the main route prompts advance positive discernment among the general public's kin is to depict the female game's body in a solid self-perception Azmi et al., (2017)

As per Boutilier and Sangiovanni (1983), media which is the reflection of the general public formed the perspectives and comprehension of each self. In media announcing of ladies is restricted in contrast with the inclusion of male games. Female competitors are frequently overlooked in media and, accordingly, the female game is less all-around advanced as an overall intrigue (Miloch, Pedersen, Smucker, &Whisenant, 2005).

As per Hardin and Shain (2005), the media focus on female games. As when some female competitors arrived at the equivalent situation to men media consistently depicted both male and female competitors in an alternate manner like male are appearing in a triumph way so in these bases social orders build-up that sports aren't reasonable games for females because of the less significance of female competitors in media. Sage and Eitzen (2013), in their exploration, show that the two people have conventional sex jobs in the public eye. Rayburn, et al.( 2015), The conventional job of ladies is to serve their family and youngsters, which make obstacles for them to partake in sports.

While At the beginning of the Olympic Games, the participation of ladies is dodged. As per the historical backdrop of the Olympic Games ladies are exceptionally less in number than guys members (Dyer, 1982). Society conviction that ladies who partake in sports are unfeminine in nature and investment in sports is dangerous for female's wellbeing like conceptive issues looked by ladies during pregnancy and females can go about as just crowd (Hums, Bower, and Grappendorf, 2007). However, the contribution of ladies in sports become expanded in 20 century (Anderson, 2005). The number of females in sports and the open doors expanded after the institutions of the Title IX of the instructive corrections in 1972. The events for female games and their acknowledgment have radically expanded from 1971 to 2004 from 294,000 to 2.8 million in 2004, and after title IX numerous females experts, for example, seashore volleyball, soccer, and b-ball sports are likewise evolved (Brake,2004;Garber,2002).

A research was conducted on the mentalities of guardians about the participation of females in co-curricular occasions in Pakistan. As per this exploration, both the parentages and females' students have a positive observation about the significance of sports as a sound and for the good physical prosperity of the two people. The outcome demonstrated that practically all schoolchildren concurred that game is a movement that is equivalent for the two young ladies and young men that they can appreciate it without the sentiment of any segregation based on sexual orientation. In any case, the view of guardians is the same as in different researches that guardians never value their girls to participate in sports. It is because of the social and social shame related to ladies. The parent's mentality is negative towards the female's commitment to co-curricular exercises. The consequences of this examination additionally demonstrated that practically all school level female's student is with the positive view that females ought to be given legitimate games related offices to expand female's interests (Sultana, 2017).

Khan et al., (2012), examined the assessments of young ladies about the participation of females in sports. The consequences of this study demonstrated that young ladies have positive recognition concerning ladies' sports participation like for their physical, mental, cultural advancement. As indicated by this examination the females additionally showed that because of the conventional and real issue and guardians make obstacles for them.

In each general public, there are different female and manly attributes and society individuals are expected to carry on as indicated by those qualities. Like games are structured by the different qualities of femininity and manliness planned by society (Methney, 1965). it is a movement which is planned by men, which put further issues for ladies to take an interest in sports since sports are made by men as indicated by men's abilities that ladies' can't meet and men utilized game just for their conclusions (Amuche, 2004).

Essentially, the thought which is dedicated to female is that they are less solid and are the second rate compared to male. As sports are characterized by the feeling of masculinity, so it turns into danger for manliness if ladies begun to include in sports exercises Messner (1998). other than the subjection of the female by the male, ladies who are living in rustic regions don't have adequate information about the results of sports while a few ladies have an absence of certainty to play with inverse sex. Because of all these obstacles, ladies can't beat men in sports support (Searle and Jackson, 1985), likewise, young ladies who partake in sports are seen as a lesbian. As indicated by past examination among 10 Americans there must be one swinger individual Gorjestani (2010). Be that as it may, on the outside it is just the ladies competitors who are being named as cross-sexual or lesbian, all the idealism of society goes to the soil at whatever point they find out about a lady who is a competitor (Gorjestani, 2010).

McClurg and Blinde (2002) and Griffin (1998), slang terms like lesbian, homo, dyke, strange, fiery girl, and butch are regularly utilized obviously for ladies' competitors. On one hand, the customary sex hard feelings and afterward such minding of heterosexist disposition from the general public with ladies' competitors constrained them to remain receptive in sports rather than be proactive. Supposing that ladies' competitors show up excessively solid or forceful, there would a high possibility that they ought to be seen as lesbians. (Blinde & Taub, 1992; Cahn, 1994; Griffin, 1998).

Klomsten et al., (2005), in their examination, contended that the sports determination of the two guys and females is on the premise of sex allowed qualities. That excellent and working in a group, making others glad is a female trademark. In this way, young ladies likewise incline toward tasteful exercises, for example, dancing (Schmalz and Kerstetter, 2006), while then again young men sports determination is any game in which they are dynamic to face challenge issues, consistently need rapid, danger and brutality exercises (Koivula, 2001).

The fundamental job of ladies despite everything need to serve their family like ladies can do all the family unit errands and give care to the family, bearing and raising youngsters because of which the ladies in society have uncommon possibilities then guys, likewise ladies' are more limited to live inside the home and haven't time to spend in physical exercises Adler (2008).

Numerous nations orchestrated more male games rivalry yet at the same time, for ladies, the number is less (Ladan, 2009). Positive observations and reactions, giving essential financial conveniences to young ladies is an objective angle for the more prominent number of participations in sports. Information about games' significance is to a powerful factor. As per explores that guardians who become mindful of sports significance in their kid's life are more have inspirational perspectives about female's enrollment in sports (Bibi et al.,



2016). A student's foundation is additionally a significant factor. A different number of understudies who joined games have had a place with those families whose guardians were likewise a competitor's (Jaime, Berthold, 2012). The discernment about games has likewise an impact on the individual observations of limit. Individuals comment on sports as silly, masculine, and neutral. Solmon et al., (2003), stresses that those females who perceive sports exercises as ungendered are bound to perform effectively in sports than the individuals who comment sports as masculine.

A study was led among school understudies to discover the apparent difficulties to participate in sports. Kanan (2010), in his examination, investigated that high scholarly work, absence of reasonable games administrations, cultural issues, and numerous sicknesses are the apparent difficulties to partake in sports.

Additionally, any zone is likewise significant that numerous rustic arrangements have solid principles identified with ladies, so the finish of this research likewise indicated that understudies additionally apparent the territory a challenge. The other saw issues for ladies to partake in sports is in the school level, females haven't enthusiasm for sports movement additionally they don't offer significance to it, the games devices, all long course in school and universities, because of this understudy unfit to invest energy in sports exercises and the vast majority are ignorant of sports activities(Barsoum,2003).

The physical instructor is additionally noteworthy for the interest of females in sports. As per this research, the apparent issues are the inaccessibility of physical educators for understudies at the school level, sports offices, for example, sexual orientation blended play areas (Hajar and Mahfoz,2002).

Family, instructive framework is a significant factor. Numerous young ladies who are not partaking in sports inspected the apparent boundaries that incorporate not having adequate information about such sports and they don't

have time since constantly they are occupied in considering the family(Young, Ross, Barcelona,2003).

In college levels understudies distinguished to see difficulties that are less increase by educators, the predominance of guys in sports exercises, financial issues, ladies are not giving moral uphold, most understudies can't continue the two games and the scholarly world at once, separation by the games educator, not giving distinctive sort of sports, awkward and disgrace while taking an interest in sports Al-Duaij (2002). Many individuals have a terrible experience, the nonappearance of friends uphold, less an ideal opportunity for doing a movement, a few people have less certainty, and additionally, they have an insufficiency of data on recreational exercises. (Alexandris, Tsorbatzoudis, and Grouios, 2002).

In an Islamic nation, there are different terms related to ladies. A hijab is essential for all ladies while going into an open spot. Albeit one of the central points because of which Islamic individuals can't acknowledge lady's investment is that in Islam sports are taboo since they are against that Islamic young ladies can't permit playing before obscure individuals Klein (2007). Concurring to (Kashef, 1996) Islamic nations like Iran in which ladies are urged to take an interest in sports by wearing their Islamic dress. The ladies in Iran it is basic for them while taking an interest in-game to completely cover their body, for example, legs and arms (Koushki &Jahromi, 2011).

Ladies in the field of sports doesn't just face sex hindrances and money related however along these they are confronting different civilities issues, security that ladies can need to venture out one spot to another, a few games young ladies have a place with low-salary families which make obstacles for them (Olajide, 2004).

At the family level, the needs of ladies are to give care to the family, do all family unit work on time. The explanation for the less participation is that ladies have various needs, ladies can go about as a mother the raising and heading of a kid is their job. In certain provinces, offices are not given to ladies. Like ladies need time to clean their abilities in sports and sensible and appropriate childcare, because of the absence of these offices can challenge ladies for support in sports (Australian Government 2006; Caperchoine, Mummery and Joyner 2009).

As indicated by Hewett (2010), in their examination built up that in explicit nations of the world there is still exist man centric society which they intentional games as a movement proper for guys. There is a nation on the South African coast named Senegal where most of the individuals are Muslims and they didn't permit young ladies to participate in sports. The impression of individuals concerning sports shift from nation to nation, so here, to view of individuals about games is likewise in a Mannish way that is naturally something male movement.

Organizations are a basic piece of society. Establishments incorporate family, schools, enactment, and sports which terrifically significant for the upkeep of any general public (Coakley, 2008; Messner& BozadaDeas, 2009) .in each establishment's men are the pioneers and policymaker which set the organizations in a manly manner, for example, the seriousness in sports and its solidness. The foundations of sports organizations unmistakably show the masteries of males over females (Messner, 2007, 2009; Messner and Bozada-Deas, 2009; Shaw and Frisby, 2006).

Ladies are not giving driving situations in sports Institutions. As sports preparing and sports-related choices positions are truly administered by a male, which is straightforwardly related to female inadequacy Anderson (2009). The examination has been led to recognize what the level of females in sports

authority is are. Just 14-20 percent of young adult's games comprised of female mentors (Messner, 2009; Lavoie, 2009). Also, the level of male mentors is exceptionally high that practically 57.1 % of young ladies' groups comprised of guys (Acosta and Carpenter, 2012).

To expand the support of lady's equivalent to men, many immatures and created nations make a move to make formal arrangements to build equivalent contribution of ladies in co-curricular exercises. Instructive social orders assumed a considerable job in boosting ladies' capacities and to draw in them in sports. After family, the significant spot in building up a youngster's conduct is an instructive establishment like schools. It is basic for an instructive framework to make arrangements to address the difficulties because of which ladies are less in number in sports than guys (Kennedy, 2010).

Olympic Games are the worldwide rivalry, which is held like clockwork during summer also, winter. At the beginning of the Olympic Games, the support of ladies is stayed away from. As per the historical backdrop of the Olympic Games ladies are less in number than guys members Dyer (1982). Be that as it may, the contribution of ladies in sports become expanded in 20 century Anderson (2005). As per the Olympic contract (1996), the association of ladies, what's more, sexual orientation value was one of the expected to improve sex decency and ladies' commitment in sports at all levels and in all kinds of sports. It's centered around the equivalent portrayal of the two sexual orientations in sports. Murmurs, Bower, and Grappendorf (2007), each general public has its confidence identified with ladies. Those ladies who engage in sports are viewed as unfeminine and participation in sports additionally makes issues in ladies' wellbeing, for example, the issues ladies looked during the hour of pregnancy.

Besides, the participation of ladies in sports and sports-related positions was expanded during the time of 1950 to 1971. As the National Association of Girls and Women in Sports was the initial step for the organization of ladies' sports.

The fundamental point of this activity is to give a salubrious, harmless condition for each young lady and each young lady ought to partake in each game (Acosta and Carpenter, 2005).

In educational organizations for giving equivalent opportunities to womanhood and masculinity was the fundamental points of the Title IX state Edict (National Coalition for Women and Girls in Education.2002) Title IX 1972, the instructive Amendments Act which majorly affects the lady's sports participation. Title IX's primary objective is to giving correspondence with no sex separation on the premise of sex. Making equivalent instructive open doors for ladies Acosta and Carpenter,( 2005). Title IX concentrated on the instructive uniformities as well as in sports support of contenders. Ladies' interest and ladies' sports acquire fame after TITLE IX After the portrayal of Title IX as in 1971 it was 294,000 while in 2004 it arrived at 2.8 million. Brake, 2004; Garber, 2002). Notoriety and open doors for female games participation have expanded exponentially from 294,000 out of 1971 to 2.8 million of every 2004 Brake,2004; Garber (2002). In the 2012 London Olympic Games, it was recorded that first-time countless females' competitors over the world partook (Killion, 2012).

Female's investment in sports can get positive changes in society. As females engage in sports, they can change the social qualities and the incomparability of guys. By inclusion of ladies in high games position integral to dynamic investment in cultural improvement and they can choose a male-controlled stage (United Nations, 2000).

In various nations, female youngsters were not permitted to go in broad daylight sides and have participation with various individuals, the writing shows that in the past females can seldom go outside of the home. Yet, the situation is changed because of the ladies interest in sports, sports gives a stage where they can collaborate with various individuals, common their insight, benefit various

chances having regard towards others in general public and it can build the confidence level of females (United Nations,2000).

As indicated by article 13, the league's gatherings will take all reasonable activities to annihilate segregation counter to females in monetary and public activity. The two guys and females must be given fairness on the investment of engaging exercises and sports.

On the planet females are sub-par compared to guys, females have not given great and available wellbeing care framework (Women and Gender Equity Knowledge Network, 2007) even though females are still battling for equity in benefiting openings, yet the issues looked by ladies due to the conventional practices in general public is constantly disregarded and covered they are not giving legitimate agreeing to investigates that guardians who become mindful of sports significance in their youngster's life are more have inspirational mentalities about females enrollment in sports (Bibi, et al.,2016).

For ladies, it is liberal to exchange the cliché idea of society and protect their selves from being segregated by men (Hancock,lyras and Ha,2013;Kaufma &Wolff,2010) .along these lines, ladies can take a choice concerning the social and political game plan of society, so sports make a stage through which ladies can pick up control and have the option to direct all these things( Blinde, Taub&Han,2001:Kay,2009) besides it can give a stage where individuals interface socially, individuals share their capacities with others, individuals can engage through games, what's more, it can likewise build the (Bloom et al.,2005).

## **Chapter No. 3**

### **RESEARCH METHODOLOGY**

#### **3.1 Introduction**

In previous chapter extensive literature on gender differences between the perception of young males and females was reviewed. This chapter discusses research design of the study. It informs the readers about the locale of the study as well as sampling technique and sample size of the study. The chapter also sheds light on tool and method of data collection. Lastly, the chapter outline ethical consideration of the study.

#### **3.2. Research Design**

This study was carried out with the help of quantitative research methodology. The reason of using quantitative methodology is to know the perception of participation of females in Pakistani context. The decision of quantitative research approach is also based on the premise that the issue of gender differences need to be studied in detail from insider perspective: from the viewpoint of the residents of Booni. I have treated their responses as their subjective experiences and the meaning they gave to the existing grading practices and gender differences is Pakistani context

#### **3.3. Locale of Study**

The study was carried out in Booni, the headquarters of upper Chitral. The area of Booni was being chosen for two reasons, for example, because of its immense populace and individuals are giving more offices like games, wellbeing, instruction at that point another zone in upper Chitral, so it is simple for the scientist to gather information and having the top education rate in the Chitral district.

### **3.4. Sampling and Sampling Size**

Booni's residents were the unit of analysis. The study employed stratified random sampling technique. Stratified random sampling is the popular sampling technique in research studies. In this sampling technique, a small handful of people are questionnaire on a set of criteria. On the basis of results, received from the analysis of first round of collected data, I identified more respondents for questionnaire. The sample continued until I reached the point of saturation in my data. I realized the point of saturation by questioning 120 respondents. My study sampling continued, moving back and forth between sampling, data collection, and analysis, to the point I reached no new information in subsequent interviews. Thus, the sample size of the study was 120 respondents from the Booni residential area.

### **3.5. Tools for Data Collection**

Questionnaire was used to collect data. The guide included 28 questions. The questions were originated from the study's objectives. Extensive review of literature further helped me in developing a comprehensive interview guide. Few questions in the guide were devised out of my close observation and lived experiences regarding grading system.

### **3.6. Method of Data Collection**

Structured questionnaire was filled by the participants of study. Researcher used questionnaires because it is useful to collect data from a large number of populations in less time. Researcher distributed the questionnaire among the respondents for data collection. A closed ended question was included.

### **3.7. Data Analysis**

The data was analyzed in SPSS with the descriptive and inferential statistics. Researcher used the scientific method to conclude the current research data and used frequency, percentage and chi square test for data analysis.



### **3.8. Ethical Considerations**

Research ethics were strictly followed in the study. Respondents were informed of the purpose of the study and ask them to fill questionnaires by their will. No one from the researcher was forced to fill the questionnaire and the researcher told the respondents that this research is for academic purposes. Last but not the least; the anonymity and confidentiality of the respondents was assured.

## Chapter No. 4

### DATA ANALYSIS AND PRESENTATION

This chapter presents the respondents views on the community's perception about female participation in sports. The chapter is composed of two parts. In the first part of the chapter, researcher has given the inclusive summary of the section and different tables are constructed, brief interpretation of each table has been given. The frequencies and percentages are mentioned in tables. The second part presents inferential statistics to make inferences from data to more general conditions. This test is used for the creation of inferences which determine the table statistics, it was merely used in this research for the purpose of hypothesis test.

**Table 4.1 Gender of the respondents**

Category	Frequency	Percent
Male	60	50.0
Female	60	50.0
Total	120	100.0

Table 4.1 showed the gender of the respondents. The researcher was equally collected data from male and female because it was handy to collect data from respondents of society for being an easy access or availability of them. Another reason of equally target male and female to know community's perception about female participation in sports.

**Table 4.2 Age of the respondents**

Category	Frequency	Percent
18-24	78	65.0
25-30	24	20.0
31-35	18	15.0
Total	120	100.0

Table No. 4.2 describe the 65% of the respondents were aged from the group of 18-24. That means majority of the respondents belong to this category. While, 20% respondents were belonging to 25-30 age and 15% respondents were aged from the group of 31-35.

**Table 4.3 Qualification of the respondents**

Category	Frequency	Percent
Matric	4	3.3
Intermediate	5	4.2
Bachelors	100	83.3
MPhil	10	8.3
PhD	1	.8
Total	120	100.0

Table No. 4.3 revealed the qualification of the respondents. Most of the respondents were bachelors with the percentage of 83.3 accordingly. This ratio is high because most of the young people have negative attitude towards female participation in sports. Furthermore, 8.3 percent respondents were belonged to MPhil group. While, 4.2 percent were intermediate in their qualification.

**Table 4.4 Profession of the respondents**

Category	Frequency	Percent
Student	75	62.5
Teacher	7	5.8
Office Worker	26	21.7
Others	12	10.0
Total	120	100.0

Table No. 4.4 described that majority of the respondents were students with the percentage of 62.5 respectively. Office worker respondents with the percentage of 21.7 and teacher were also included with the percentage of 5.8. And 10 percent respondents were belonged to another category. Data mostly collected from students because the researcher used to get factual information to understand the core of the issue of the problem.

**Table 4.5 Respondents appreciation of female's participation in sports**

Category	Frequency	Percent
Strongly Disagree	31	25.8
Disagree	37	30.8
Neutral	23	19.2
Agree	13	10.8
Strongly Agree	16	13.3
Total	120	100.0

Table No. 4.5 describe that majority of the respondents were disagreed with the percentage of 30.8 regarding this statement which means that most people did not appreciate the participation of female in sports. The overall data shows the negative attitude of the respondents. While 19.2 respondents were neutral about female participation.

**Table 4.6 Sports activities are beneficial for females**

Category	Frequency	Percent
Strongly Disagree	49	40.8
Disagree	35	29.2
Neutral	9	7.5
Agree	20	16.7
Strongly Agree	7	5.8
Total	120	100.0

Table No. 4.6 elaborate that majority of the respondents were strongly disagreed with the percentage of 40.8, the reason behind this response is that most of the people think that females are just limited to their domestic work and sports activities are not much beneficial for females.

**Table 4.7 Sports is important for psychological wellbeing of females**

Category	Frequency	Percent
Strongly Disagree	25	20.8
Disagree	60	50.0
Neutral	6	5.0
Agree	18	15.0
Strongly Agree	11	9.2
Total	120	100.0

Table No. 4.7 shows that majority of the respondents were disagreed with the percentage of 50.0 respectively. This table defines the perception of respondents toward how much sports is important for psychological wellbeing of females. Data revealed that sports are only for the male and not much beneficial for the wellbeing of females.

**Table 4.8 Females who participate in sports have high confidence level**

Category	Frequency	Percent
Strongly Disagree	23	19.2
Disagree	44	36.7
Neutral	6	5.0
Agree	37	30.8
Strongly Agree	10	8.3
Total	120	100.0

Table 4.8 illustrates that majority of the respondents were disagreed with the percentage of 36.7 which shows that people think that female have not enough confidence to participate properly in sports. While on the other hand, 30.8 percent respondents were agreed that females held higher confidence level to participate in sports.

**Table 4.9 Sports is essential for the physical wellbeing of females**

Category	Frequency	Percent
Strongly Disagree	22	18.3
Disagree	25	20.8
Neutral	11	9.2
Agree	26	21.7
Strongly Agree	36	30.0
Total	120	100.0

Table 4.9 reveals that majority of the respondents were strongly agreed with the percentage of 30.0 which shows that people think that sports is essential for the physical wellbeing of females. While on the other hand, 20.8 percent respondents were disagreed that sports are not essential for the physical wellbeing of females.

**Table 4.10 It's better for girls to stay at home rather than go outside**

Category	Frequency	Percent
Strongly Disagree	22	18.3
Disagree	25	20.8
Neutral	11	9.2
Agree	26	21.7
Strongly Agree	36	30.0
Total	120	100.0

Table No 4.10 shows that with the percentage of 50, respondents agreed that girls should stay at home rather than go outside for sports. People perceive that female are too delicate to compete outside the home specially in sports. While, 39 percent respondents were disagreed with the statement and showed that girls should also take part in outdoor activities.

**Table 4.11 Parents who are highly educated know the importance of sports in female's life**

Category	Frequency	Percent
Strongly Disagree	12	10.0
Disagree	20	16.7
Neutral	7	5.8
Agree	54	45.0
Strongly Agree	27	22.5
Total	120	100.0

Table No. 4.11 describe the parents who are highly educated know the importance of sports in female's life with the percentage of 45 respectively. Table shows that majority of the respondents know the importance of sports and they are supported their female children to engaged in extracurricular activities like sports.

**Table 4.12 Most parents are with the view that sports are not suitable for females**

Category	Frequency	Percent
Strongly Disagree	37	30.8
Disagree	28	23.3
Neutral	12	10.0
Agree	20	16.7
Strongly Agree	23	19.2
Total	120	100.0

Table No. 4.12 shows that majority of the respondents were disagreed with the percentage of 30.8 which means that most of the parents are with the view that sports are suitable for females and they should compete with other peoples in sports also. Parents show positive attitude for their female children in order to take part in sports to some extent.

**Table 4.13 Sports activities are related to males only**

Category	Frequency	Percent
Strongly Disagree	25	20.8
Disagree	30	25.0
Neutral	11	9.2
Agree	31	25.8
Strongly Agree	23	19.2
Total	120	100.0

Table No. 4.13 spell out that those people who think sports activities are related to males only are agreed with the percentage of 25.8 of the respondents. While, 25.0 percent respondents were thinking that sports activities are also related to females.



**Table 4.14 A typical traditional role of female is bearing and rearing of child**

Category	Frequency	Percent
Strongly Disagree	31	25.8
Disagree	39	32.5
Neutral	8	6.7
Agree	27	22.5
Strongly Agree	15	12.5
Total	120	100.0

Table No. 4.14 elaborate that majority of the respondent were disagreed that typical traditional role of female is bearing and rearing of their children with the percentage of 32.5 accordingly. Also, 22.5 percent respondents were agreed that a role of female is just bearing and rearing of child.

**Table 4.15 The involvement of females in sports is considered as immoral**

Category	Frequency	Percent
Strongly Disagree	23	19.2
Disagree	24	20.0
Neutral	14	11.7
Agree	44	36.7
Strongly Agree	15	12.5
Total	120	100.0

Table No 4.15 represent that majority of the respondents agreed with the percentage of 36.7 that the involvement of females in sports is considered as immoral. 20.0 percent respondents were disagreed that involvement of female in sports are not considered immoral.

**Table 4.16 Females who participate in sports are more beauty conscious**

Category	Frequency	Percent
Strongly Disagree	19	15.8
Disagree	25	20.8
Neutral	15	12.5
Agree	43	35.8
Strongly Agree	18	15.0
Total	120	100.0

Table 4.16 discloses that with the percentage of 35.8 of the respondents were agreed that females who participate in sports are more beauty conscious because they also attract by their audience and this factor contribute to maintain their space in sports. While, 20.8 percent respondents were disagreed regarding this statement.

**Table 4.17 Females are too delicate to play sports which are rough and tough**

Category	Frequency	Percent
Strongly Disagree	27	22.5
Disagree	39	32.5
Neutral	3	2.5
Agree	37	30.8
Strongly Agree	14	11.7
Total	120	100.0

Table No. 4.17 put forth that majority of the respondents were disagreed with the percent of 32.5 that females are too delicate to play sports which are rough and tough and only suitable for household work. Furthermore, 30.8 percent of the respondents were agreed that females can play sports which are hard to play.

**Table 4.18 The outfits for sports are not appropriate for females**

Category	Frequency	Percent
Strongly Disagree	23	19.2
Disagree	28	23.3
Neutral	14	11.7
Agree	30	25.0
Strongly Agree	25	20.8
Total	120	100.0

Table No. 4.18 expose to view that majority of the respondents were agreed with the percent of 25.0 that the outfits for sports are not appropriate for females because they are blackmail via politics due to undisciplined head of outfits. In addition, 23.3 percent of the respondents were disagreed that outfits are not appropriate with outfits. They feel comfortable with the outfits.

**Table 4.19 Spending money on female's sports is considered as wasted**

Category	Frequency	Percent
Strongly Disagree	20	16.7
Disagree	47	39.2
Neutral	7	5.8
Agree	28	23.3
Strongly Agree	18	15.0
Total	120	100.0

Table No. 4.19 revealed that those people who think that spending money on female's sports is considered as wasted with the percentage of 23.3 and they preferred to invest money in business rather than spend on female's sports. While, 39.2 percent respondents think that we should spent money on female's sports so that they can perform well bring their nation to new heights.

**Table 4.20 Audience show less interest in female's sports**

Category	Frequency	Percent
Strongly Disagree	15	12.5
Disagree	34	28.3
Neutral	9	7.5
Agree	37	30.8
Strongly Agree	25	20.8
Total	120	100.0

Table No. 4.20 exemplify that majority of the respondents were agreed with the percentage 30.8 that audience show less interest in female's sports and take more interest in male sports and everyone excited when sports are played by males. Furthermore, 28.3 percent respondents showed that audience take interest in female's sports.

**Table 4.21 Females who participate in sports are perceived as lesbian**

Category	Frequency	Percent
Strongly Disagree	18	15.0
Disagree	35	29.2
Neutral	17	14.2
Agree	29	24.2
Strongly Agree	21	17.5
Total	120	100.0

Table 4.21 demonstrate that with the percentage of 29.2 respondents were disagreed that female who participate in sports are perceived as lesbian while 24.2 percent of respondents were agreed that perceived females as a lesbian who participate in sports.

**Table 4.22 Females who highly participate in sports are considered to have boyish characteristics**

Category	Frequency	Percent
Strongly Disagree	15	12.5
Disagree	32	26.7
Neutral	5	4.2
Agree	44	36.7
Strongly Agree	24	20.0
Total	120	100.0

Table No 4.22 decorate the results about those people who agree with the percentage of 36.7 of total respondents that females who highly participate in sports are considered to have boyish characteristics because they are participated since long time in sports and have higher confident level that's why females that are highly participated in sports have boyish characteristics.

**Table 4.23 Females should be provided proper sports equipment**

Category	Frequency	Percent
Strongly Disagree	21	17.5
Disagree	42	35.0
Neutral	11	9.2
Agree	36	30.0
Strongly Agree	10	8.3
Total	120	100.0

Table No 4.23 highlights that 35.0 percent of the respondents were disagree that females should be provided proper sports equipment because it is a loss of money and female are more suitable in their homes rather than playing sports and spent a lot of money on them. In addition, 30.0 percent respondents were

agreed that females should be provided proper sports equipment to enhance outdoor activities of females.

**Table 4.24 Media should portray more female's role model to the participation of females in sports**

Category	Frequency	Percent
Strongly Disagree	16	13.3
Disagree	42	35.0
Neutral	7	5.8
Agree	28	23.3
Strongly Agree	27	22.5
Total	120	100.0

Table No. 4.24 depicts that majority of the respondents with the percentage of 35.0 were disagree with the statement that media should portray more female's role model to the participation of females in sports because if the media portray female's role model than more females will take part in sports and this factor can threaten family bonding of children with their parents.

**Table 4.25 Females should be provided sports training to enhance the involvement in sports**

Category	Frequency	Percent
Strongly Disagree	15	12.5
Disagree	27	22.5
Neutral	17	14.2
Agree	37	30.8
Strongly Agree	24	20.0
Total	120	100.0

Table No. 4.25 portray the results that majority of the respondents with 30.8 percent think that females should be provided sports training to enhance the involvement in sports while 22.5 percent respondents were disagreed that female should not provide sports training.

**Table 4.26 By giving facilities and proper funding talented females can ever compete on an international level**

Category	Frequency	Percent
Strongly Disagree	14	11.7
Disagree	26	21.7
Neutral	15	12.5
Agree	41	34.2
Strongly Agree	24	20.0
Total	120	100.0

Table 4.26 exhibit that majority of the respondents were agree with the percent of 34.2 that by giving facilities and proper funding talented females can ever compete on an international level while 21.7 respondents shows negative attitude regarding this statement.

**Table 4.27 School teachers always encourage boys to participate in sports**

Category	Frequency	Percent
Strongly Disagree	20	16.7
Disagree	21	17.5
Neutral	4	3.3
Agree	51	42.5
Strongly Agree	24	20.0
Total	120	100.0

Table 4.27 indicates that majority of the respondents with the percentage of 42.5 agree that school teachers always encourage boys to participate in sports because in schools, boys are always preferred by their teachers during sports and females are not supported by teachers and that's why female have not enough confidence to perform well in order to compete at international level.

**Table 4.28 There are very few female education teachers at school level**

Category	Frequency	Percent
Strongly Disagree	28	23.3
Disagree	28	23.3
Neutral	3	2.5
Agree	37	30.8
Strongly Agree	24	20.0
Total	120	100.0

Table No. 4.28 put on views of the respondents about female education teachers at school level. Majority of the respondents with the percentage of 30.8 showed that there are very few teachers at school level which portrays female education. Furthermore, on the other hand 23.3 percent respondents were disagree about the statement.

### **Inferential Statistics**

Researcher use inferential statistics to try to infer from the sample data what the population might think. Researcher used inferential statistics to make inferences from data to more general conditions; researcher use descriptive analysis simply to describe what's going on in our data. The main purpose of inferential statistics in this study is to test hypothesis either it is accepted or rejected.



## Hypothesis

### Alternative Hypothesis (H<sub>1</sub>)

There is a significant gender difference between the perceptions of young males and females about the participation of females in sports.

### Null Hypothesis (H<sub>0</sub>)

There is no significant gender difference between the perceptions of young males and females about the participation of females in sports.

**Table 4.29 Cross Tabulation-I and Hypothesis Testing-I**

**It's better for girls to stay at home rather than go outside \* Gender Crosstabulation**

Cross Tabulation		Gender		Total
		Male	Female	
It's better for girls to stay at home rather than go outside	Strongly Disagree	13	9	22
	Disagree	9	16	25
	Neutral	7	4	11
	Agree	4	22	26
	Strongly Agree	27	9	36
Total		60	60	120

The above table reveals the analogy of how much males and females think that it's better for girls to stay at home rather than go outside for sports. Male column show that majority of the males agree that girls should stay at home while female column showed that majority of females disagree that females should stay at home rather than go outside. It meant that there is a significant gender differences between the perceptions of young males and females about the participation of females in sports.

### Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	24.967 <sup>a</sup>	4	.000
Likelihood Ratio	26.684	4	.000
Linear-by-Linear Association	1.038	1	.308
N of Valid Cases	120		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 5.50.

The Pearson Chi-Square Value in the above table is 24.967<sup>a</sup>, Degree of Freedom is 4 and the Asymp. Sig Value is .000. It was significant because the value was lower than 0.05. So, the alternate hypothesis was accepted, and the null hypothesis was rejected. The rejection of null hypothesis shows that there is a significant gender differences between the perceptions of young males and females about the participation of females in sports.

**Table 4.30 Cross Tabulation-II and Hypothesis Testing-II**

### Sports activities are related to males only \* Gender Crosstabulation

Cross Tabulation		Gender		Total
		Male	Female	
Sports activities are related to males only	Strongly Disagree	7	18	25
	Disagree	5	25	30
	Neutral	2	9	11
	Agree	26	5	31
	Strongly Agree	20	3	23
<b>Total</b>		60	60	120

The above table reveals the analogy of how much respondents think that sports activities are related to males only. Male column show that majority of the males agree that sports activities are related to males only while female column showed that majority of females disagree that sports activities are not related to males only but females also. It meant that there is a significant gender differences between the perceptions of young males and females about the participation of females in sports.

### Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	49.419 <sup>a</sup>	4	.000
Likelihood Ratio	54.039	4	.000
Linear-by-Linear Association	36.891	1	.000
N of Valid Cases	120		

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 5.50.

The Pearson Chi-Square Value in the above table is 49.419<sup>a</sup>, Degree of Freedom is 4 and the Asymp. Sig Value is .000. It was significant because the value was lower than 0.05. So, the alternate hypothesis was accepted, and the null hypothesis was rejected. The rejection of null hypothesis shows that there is a significant gender differences between the perceptions of young males and females about the participation of females in sports.

**Table 4.31 Mean, Standard Deviation and Alpha Reliabilities**

This part incorporates the mean, standard deviation and the alpha reliabilities of the variables included in the study. It elaborates the responses of both, physical psychological, societal and institutional factors.

Mean, Standard Deviation and Alpha reliabilities of Study Variables (N=120)

Scales	No Of items	M	SD	Alpha	Range
Physical-Psychological	5	21.67	4.46	.935	20.00
Society	13	34.26	7.77	.754	42.00
Institutions	6	25.00	4.02	.782	18.00

Table 4.31 illustrates the Mean, Standard Deviation, and Range of all research variables and their consistent alpha reliabilities. The Cronbach's alpha reliability of physical and psychological was .935 which was best for the current research. Although; for society, the Alpha Reliability was .754 which was suitable. The Alpha Reliability of Institutions was .782 also acceptable for the current study.

**Table 4.32 Difference in Perception among Genders due to Physical and psychological factors**

This section incorporates the data collected based on the perception due to different physical and psychological factors. It indicates how the perception varies between genders because of difference in physical and psychological perspectives.

Mean, Standard deviation and T-testing values indicates the gender difference in the perception of young adults about female’s participation in sports in physical and psychological perspectives (N=120)

Variable	Male		Female			
Physical-Psychological	n=60		n=60			
	M	SD	M	SD	t	p
	20.33	5.52	23.01	2.45	-3.43	.001

**df=118, \*p<.05**

The table shows that there is a gender difference in disclosure to physical and psychological consequences related to female participation in sports. That is the mean of the male is 20.33 and the Standard deviation (5.52) whereas the mean of females on physical and psychological perspectives about females' participation in sports is 23.01 and the Standard deviation value is (2.45). So, there is a Large gap exist between the perceptions, as the result is significant (t=-3.43,df=118. P<.05) which means that females and males have different perceptions regarding females' participation in sports.

**Table 4.33 Difference in Perception due to Societal Consequences**

This section incorporates the data collected based on the perception due to societal consequences. It indicates how the perception varies between genders because of difference of opinion in different societies.

T-testing, Mean and standard values indicate the gender difference in the perception of young adults about female's participation in sports in societal consequences (N=120)

Variable	Male		Female			
Society	n=60		n=60			
	M	SD	M	SD	t	p
	36.91	8.47	31.61	5.98	3.95	.000

**df=118, \*p<.05**

The above table 4.33 shows that there is a significant difference exists between the mean of male and female on societal perspective about female participation in sports i.e. the mean of the male is 36.91 and the standard deviation value (8.47) but the mean of the female is 31.61 and standard deviation (5.98). So the results show that there is a large difference exists and the study was significant (t=3.95 df=118, p<.05).

**Table 4.34 Difference in Perception among Genders due to Institutional Consequences**

This section incorporates the data collected based on the perception due to institutional consequences. It indicates how the perception varies between genders because of difference at institutional level.

T-testing, Mean and standard values indicate the gender difference in the perception of young adults about female’s participation in sports in institutional consequences (N=120)

Variable	Male		Female		t	p
	M	SD	M	SD		
Institutions	23.25	5.39	25.86	3.30	-3.20	.002

**df =118,\*p<.05**

Table 4.34 shows that there is a difference in the perception of young males and females from an institutional perspective regarding the involvement of females in sports. The mean value of young females is 25.86 and Standard deviation (3.30)while the mean value of young males is 23.25 and standard deviation (5.39).as the hypotheses were supported by the results.it means that the study was significant as (df=118,t -3.20 ,p<.05).

## **Major Key Findings**

- Majority of males perceive that females should not be allowed to participate in games as its only associated with males. Women should stay at home and avoid their participation in sports whereas females on the contrary think that women can do everything they want to do in every field of life.
- There is gender-based differences exist between males and females regarding their participation in sports. As majority of respondents agreed that females are only suitable for household work, it is useless to invest money for female in sports. Their typical role is just bearing and rearing of children. As well as, audience show less interest towards female participation in sports as they think that sports are boys oriented.
- These gender-based differences could not be changed by the participation or involvement of media in favor of female's participation in sports because major finding reveals that sports are far from female's involvement.



## **Chapter No. 5**

### **CONCLUSION AND RECOMMENDATION**

#### **5.1 Conclusion**

The goal of this study was to delineate the view of males and females for females sharing. In the interest to think about the view of the distinguished subject, the scientist utilized polls which depended on three factors. First was to know the mind of individuals about females who are slanted towards sports; such that such females most likely would have solid physical wellbeing and high confidence. The second was to know the normal conviction of youthful grown-up's dependent on the cultural point of view towards female's interest. The third was to investigate the bits of knowledge of average citizens about the introductions of females by different foundations. By keeping in front of the previously mentioned factors, the scientist followed the observations of individuals in a man-centric culture.

The general public wherein we are breathing isn't chiefly male ruled just yet besides it is a male situated society. Where things are acknowledged and nullified as accord to guys. Like, it was male who presented the design industry driving by screenplays, it was male who began to grasp long hairs and smooth face despites of that these are characteristic qualities of females. In the contemporary period, we can run the case of Somali American model Halima Aden which delineates that profoundly man needs to make society men situated. Like the Model, Aden concocted purdah while camouflaging in bathing suits. Although it was odd of such sorts and it ought to have been recognized because of uniqueness pointers to a quality market in the design industry. In any case, the Aden step followed a brutal analysis. The explanation is male would not like to acknowledge any such chances from females. It shows the view of guys that ladies don't lead exceptionality rather ladies should turn into a source to

amplify any exceptionality. Expect for some time if it did by any male members then it could have been valued. Next to males are in effect so inflexible about females they additionally keep profound perniciousness towards females. Like we can take the case of first Chitrali from one side of the country to the other known (female) footballer Karishma Ali. At the point when she uncovered her personality after being popular, the nearby individuals of Chitral at the first idea it as a joke since they were not in a situation to acknowledge that a Chitrali young lady could go so far in sports. Along these lines, they went to state that Karishma Ali would unquestionably have a place from Gilgit Baltistan because it is a long-standing acknowledged idea that Gilgit Baltistan females are so strengthening. Along these lines, in the contemporary exploration, the scientist took, Booni the Headquarter of Upper Chitral as a test, to become acquainted with the impression of youthful age about sex fairness in sports.

In this research, the example was taken from 120 respondents age 18-35 years with the proportion of 60% male and female separately. Out of them were 82.5% were unhitched male's degree of instruction, though the apportion of MPhil level training was 10% and a little percent were the instructive degree of Ph.D., matric and moderate. The majority of the respondents were understudies trailed by a couple of the number of office laborers and educators. Also, the example likewise comprised of a few specialists, architects, and attendants.

The examination was led based on two speculations. Initially, there is a distinction in the view of both sexes about female's inclusion in sports. Besides, guys have a negative disposition towards female's interest in sports. The aftereffect of the two theories was done utilizing t-testing esteems. In the primary speculations, the scientist checked the sexual orientation contrasts altogether three viewpoints for example physical and mental, social, and establishments. The scientist found that there exists a sexual orientation contrasts in all the three viewpoints for female participation in sports. The estimation of the mean of female respondents was 23.01, while the mean of

male respondents was 20.33. From the outcomes unmistakably ladies are supportive of sports to have a sound way of life. Then again, the specialist additionally recognized the distinctions in recognition dependent on cultural viewpoints. The Mean of male respondents in cultural settings was exceptionally high at that point female, for example, male (36.91) and female (31.61). The mean worth represents that men are in favor of ladies to be associated with conventional household exercises and as per their recognition ladies related to sports are doing against their accepted practices and testing their male partners. The third factor for example establishment additionally portrays that there is likewise a distinction in the impression of youthful grown-ups ( $p < .05$ ) the mean of the youthful male is 23.25 and female is 25.86. Young ladies matured 18-35 years concurred that sports exercises are useful for ladies not just for physical wellbeing yet just as mental. Conversely, because of the man-centric framework men in our society are not for ladies' support in sports. From the discoveries, unmistakably ladies need to be engaged with each sort of sports exercise together to be physically fit and simultaneously needs equivalent games open doors for them. Writing shows that female perspectives about games were that they can appreciate it with no biasness and sports is additionally noteworthy for their psychological, social, and physical prosperity (Sultana, 2017). As both female and male discernment is unique so the male-centric culture saw sports as an innocent action that depends on hard, forcefulness, and intense and ladies cannot be included while ladies can just perform well in delicate exercises (Schmalz and Kerstetter, 2006&Koivula, 2001).

The second theory of the study was that youthful guys have a negative mentality towards the contribution of females in sports. The as dominant part of men didn't acknowledge ladies' commitment to sports. According to their perspective game exercises are hard and unsafe as ladies are excessively sensitive and magnificence cognizant. Moreover, sports outfit is likewise

improper. Ladies who are effectively occupied with sports are seen as having innocent qualities. From a male's point of view, ladies are liable for indoor family unit exercises, for example, kid bearing and raising, washing, cleaning furthermore, cooking. As per youthful male, burning through cash on female games are wastage. The gender pattern hypothesis contends that kids learn the characteristics of male and female structure society.

Youngster discovers that female are touchy, less solid and just can do the family errands, and male is solid, forceful and can participate in hard exercises outside the home, so the impression of individuals dependent on what they have gained from their folks during the socialization cycle and what they been educated in school and what they have seen in media. From the socialization measure, females are instructed to help their mom in the kitchen and young men are educated to go outside of the home and play in a road. In like manner in the school and media to ladies are being depicted in a sexual orientation sort way. All these can impact the recognition that what is the sex fitting conduct set by the general public as indicated by which individuals act and reaction And in institutional setting about the portrayal of female, the dominant part of female concurred that there ought to be legitimate subsidizing for female games, for example, Government should offer isolated games ground, isolated washroom offices, new games condition for female and appropriate preparing offices because of which ladies can even ready to partake in an International level. The educational system is directed by

virile. In school too the accessibility of female physical training instructor is generally groundbreaking, since more often than not young ladies are exceptionally humiliated and not ready to do any physical activity like sports. so female respondents declared that such establishments must find a way to enlarge the number of female equivalent to men and there must be full media inclusion since this establishment is a screen by the male as indicated by their specific manner. Radical women's activist's hypothesis which exhibits that its

male-centric society because of which female are separated and abused by a male. In each organization like family, marriage, media males have the force and control the female body, because of which ladies are not permitted to play sports and male consider sports as innocent since it comprised of manly things and all establishments in a general public offers the capacity to men to subordinate female. Subsequently their discernment dependent on male-controlled society and negative disposition concerning female interest in sports. As in the writing, establishments are constrained by men they do what they need and structured games in a manly way (Messner, 2007 Shaw and Deas 2009).

Sports essentially give a stage to social participation, tolerating decent variety with no separation dependent on race, culture, and class. Notwithstanding; still ladies need to confront issues while taking an interest in sports because of the male-centric framework. From the current outcome, it unmistakably determined that absence of monetary game from the family, sports outfits are inapposite for female, females are thought about touchy and unfit to take an interest in harsh and intense games, the conventional ladies abiding is in a private field, and female game draw in less crowd when contrasted with male games, too the impression which is appended by society, for example, gamine and gay and absence of female physical training instructor. As per writing, the male-centric culture guessed that females who are effectively taking an interest in sports are manly and are likewise seen them lesbian (Jones and Greer, 2011).

In this examination concentrate all the speculations upheld by the information that still in this advanced time the perspectives also, an impression of males dependent on male-centric society male despite everything need ladies to do their expert customary family unit work.

The fundamental point of the exploration was to know sex distinction in the impression of youthful males and females towards the support of females in sports. Following the point, noteworthy inquiries were being taken into thought about which concocted the yield that yes diverse recognition exists on the

premise of sex about female support in sports. Like, youthful females saw sports in terms of good wellbeing and a movement which will support your certainty, and with the view that foundations (enactment, school) and broad communications should assume an essential job in sustaining the positive discernment in respect of female association in sports. While youthful males saw sports in the wording of manliness. Still, they are with the view that sports exercises are very little gainful for young ladies, what's more, the outfits for sports, unpleasant and extreme, the conventional spot like ladies place is inside the home and her lone work is the bearing and raising of a youngster, and little youngster who effectively takes an interest in sports are seen as a fiery girl. The discoveries show that females have an inspirational mentality also, the youthful male has a negative demeanor about females' support in sports and their recognitions are distinctive in each of the three factors physical-mental, society and establishments.

## **5.2 Recommendations**

- Parents, society members and teachers should be aware of the benefits of sports: only then they can encourage sports for all.
- Most importantly, women themselves should learn from the feminist theory that they should stand up for their right in this male-dominated society.
- Muslims themselves attach importance to educational programs and future sports policies within the Islamic community.
- There must be a female sports education teacher and some sort of sports activities to engage female students at school level.
- Coverage of media regarding women participation in sports is often declined by the men as they are depicted as powerful, independents and

valued athletes so there should be a “change in game” towards gender equality in sports.

- Sports culture should be revived. Government should revise the culture of sports in Pakistan.
- Government should provide funds for the improvement of sports facilities for female’s participants.

### **5.3 Limitations**

- The study was based on an online survey, so the sample was limited due to internet access.
- The researcher found difficulty in getting their response, the researcher has repeated requests to fill up the questionnaires.
- Due to fewer resources, sample size is limited.
- Hence results cannot be generalized to a larger extent.
- Current research is based upon the perception of males about female participation in sports but there is another way round that must be explored that reasons behind low participation of females in sports. It may be continued through many aspects like religious or Islamic, social educational factors behind limited participation of females in sports.

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## **ANNEXURE**

I, a student of Masters 4<sup>th</sup> semester from Sociology Department of Quaid-i-Azam University, want to work on ‘Gender Differences in Perception of young adults about female participation in sports’ as a part of thesis research. I would be thankful for your participation and support in this regard. I ensure that information taken from you will only be used for research purposes and will be also being kept confidential.

Researcher Sign: \_\_\_\_\_

I, hereby adhere that I am participating in this research willingly and my information will be kept safe and secure. In case of emergency or issue, I can relinquish from this research without any resistance.

Participant: \_\_\_\_\_

Date: \_\_

## **APPENDIX B**

### **DEMOGRAPHICS SHEET**

#### **i) Gender**

- 1). Male                      2). Female

#### **ii) Age**

- 1). 18-24                      2). 25-30                      3). 31-35

#### **iii) Qualification**

- 1). Matric      2). F.A 3). Bachelors                      4). Master      5). M.Phil.      6).  
PhD

#### **iv) Profession**

- 1). Student                      2). Teacher                      3). Office Worker                      4). Others

## APPENDIX C

**Gender** \_\_\_\_\_

**differences in perception of young adults about female participation in sports** to know the perception based on Physical, psychological, Society and institutions perspectives

### Physical and Psychological

S.no	Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1.	I appreciate participation of females in sports.					
2.	Sports activities are beneficial for females.					
3.	Sports is important for psychological wellbeing of females.					
4.	Females who participate in sports have high confidence level.					
5.	Sports is essential for the physical wellbeing of females.					

## Family and Society

S.no	Questions	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
6.	It's better for girls to stay at home rather than go outside.					
7.	Parents who are highly educated know the importance of sports in female's life.					
8.	Most parents are with the view that sports are not suitable for females.					
9.	Sports activities are related to males only.					
10.	A typical traditional role of female is bearing and rearing of child.					
11.	The involvement of females in sports is considered as immoral.					
12.	Females who participate in sports are more beauty conscious.					
13.	Females are too delicate to play sports which are rough and tough.					

14.	The outfits for sports are not appropriate for females.					
15.	Spending money on female's sports is considered as wasted.					

16.	Audience show less interest in female's sports.					
17.	Females who participate in sports are perceived as lesbian.					
18.	Females who highly participate in sports are considered to have boyish characteristics.					

## Institutions

S.no	Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
19.	Females should be provided proper sports equipment.					
20.	Media should portray more female's role model to the participation of females in sports.					
21.	Females should be provided sports training to enhance the involvement in sports.					
22.	By giving facilities and proper funding talented females can even compete on an international level.					
23.	School teachers always encourage boys to participate in sports.					
24.	There are very few females education teachers at school level.					

