



Impact of Parental Support on Sports Participation of Student-athletes at Public Sector Universities Khyber Pakhtunkhwa Pakistan

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Abstract: The main theme of the study is to determine the impact of parental support on the sports participation of the student-athletes (male & female) at Universities level Khyber Pakhtunkhwa Pakistan. The survey modal approach was selected in the present study. Total 284 male and 125 female student-athletes were included in this study. The researcher has used 5 question form of personal information for getting the demographic features of the participants and also used adapted scale of Sports participation developed by Diane De Gill to analyze the parental approach towards the sports participation of their children (Gill, Gross, & Huddleston, 1983). According the results, the participation of male student-athletes were reported more than female student-athletes. The study has concluded that male student-athletes receive more social, emotional and financial support from their parents in term of sports participation as compared to female student-athletes.

Introduction

Parental support is an important area of active parenting, which includes structures such as love, solidarity, attachment, augmentation and acceptance. It is also defined as parent deeds with children, like inspiring, loving and admiring them which make them feel as being loved and respected by their parents (Raji & Kaur, 2020). A study has analyzed that positive parental support with their children resulted in healthy actions of adults and very limited use of Alcohol (Dong et al., 2020). Findings of the study indicated that poor and low parental support and monitoring was linked with drug and alcohol abuse in later life of

adults such as during their friendships with different peers (Liu, Chui & Chung, 2020).

Parental support was found to be significantly associated with adults' social abilities and poorly related to minor levels of unhappiness in a research study that looked at emotional control, behavioral control, and parental support (Groh, Fearon, van IJzendoorn, Bakermans-Kranenburg & Roisman, 2017). While findings of the study determined that social control was highly co-related with harmful behavior. However, internal control was generally linked with stress and rarely to antisocial actions (Sijtsema & Lindenberg, 2018). In research study, it was found that

parental care and social control are associated with healthy internal actions while weak social regulations are related to high degree of external complications (Rothenberg et al., [2020](#)).

Parenting and a child's growth have been tightly linked in studies. Similar to this, a study found that parental support for teens that is closely monitored promotes social control, development, and controlled behavior (Kim, Yang & Lee, [2015](#)). However, it was determined that this kind of parenting had high expectations for its offspring, therefore the kids had to abide by their parents' rules (Drevere et al., [2015](#)). In contrast, a study has found that responsive parenting involves creating a warm environment, offering emotional support, and meeting all of the children's needs. In addition, parents show more appreciation and support for their children's abilities, as well as fulfilling their children's demands whatever they need (McMullen, Yun, Mihai & Kim, [2016](#)).

It was found that parental assistance may come in the form of moral and financial help in enhancing their children's talents. Positive parental care plays a crucial influence in a child's development (Guan et al., [2016](#)). Children's mental and emotional health are related to moral support. For instance, providing emotional support might entail accompanying kids to tutoring sessions or competitions as well as motivating and appreciating them (Fadlillah, [2020](#)). Similar to this, a research discovered that parents may foster a supportive environment by spending time with and positively engaging with their kids (Hunter et al., [2020](#)).

While less physical activity is thought to be the primary cause of children and young people's increasing weight and fatness, which results in a variety of heart illnesses (GBD, [2015](#)). Similar to another study, it has been demonstrated that frequent sport involvement helps kids build their muscular strength, improve their mental and emotional well-being, and increase their endurance while lowering their risk of cardiac

complications (Ryan Dunn, Dorsch, King & Rothlisberger, [2016](#)). The healthy plan of China 2030 stresses that kids must spend minimum 1 hour time in sport activities for good health (Chen, [2017](#)). Although, the research studies have emphasized the importance of sport involvement and it was determined that the results of sport involvement are still inadequate and positive steps are not taken.

A research study has revealed that involvement of kids in sport has declined. To create and assume positive involvement in sport, it is important to identify and know the factors that may increase sport involvement for Youngers (Brooks, Knudtson & Smith, [2017](#)). In this way, a study have analyzed the idea that parents have key role in the child's enjoyment of his or her time with sport (Burgess, Knight & Mellalieu, [2016](#)). In research study, it was investigated that parental care develop physical and emotional health of their children and furthermore increases their participation rate in sports activities. Though, when this involvement is considered negative, it may lead to depression, conflict between parent and child, fatigue, and eventually drop out (Thelwell, Wood, Harwood, Woolway & Van Raalte, [2018](#)).

Studies have revealed that while examining the association between children's sport participation rate and family sport culture from childhood to early adulthood, gender inequalities should be taken into consideration (Deaner, Balish & Lombardo, [2016](#)). The study's findings showed that, rather than women's participation in sport increasing over the past few years, boys' participation in sport is regarded to be supported by the role of gender in sport (Heinze et al., [2017](#)). It was also asserted that men athletes may advance in position based on their physical prowess, whereas female players do not share these same notions (Heinze et al., [2017](#)). According to the aforementioned claims, sports are mostly linked with masculine endeavors, and parents may particularly favor their children's engagement in sports because male players are

obviously given more credit for sporting accomplishment than female athletes. Consequently, parents spend more on boys' sports than on girls' sports (Heinze et al., [2017](#)).

A survey of parents of 14-year-olds found that, regardless of gender variations, support for sport as an apparent component of development is quite high. The absence of athletic competition for their kids worries industrious parents with reckless and "demolished" offspring, expressing notions that blend masculinity and physical prowess with intense competitiveness. One hypothesis is that parents encourage and even put pressure on their children to continue participating in sports when their children's motivation wanes with time (Weatherford, Block & Wagner, [2018](#)). Someone may say that sports is considered less essential for women in social condition because of the unfavorable condition for women participation in sports, there is an assumption that women should not be allowed for that purpose. That is why, women require strong family sports culture that could inspire their sports participation (Strandbu, Bakken & Stefansen, [2020](#)).

Due to a combination of gendered sports and clothing regulations, gender inequality hinders women from participating in community sporting events in Pakistan, a Muslim nation (Qureshi & Ghouri, [2011](#)). Female athletes thus have little possibilities to keep playing sports. In Pakistan, there is no favorable atmosphere for women to participate in sports and compete with males. In spite of these challenges, female athletes have excelled in athletics. However, fear of judgment, with adverse reactions reflecting prevailing social and cultural views, value, and tradition, is the main source of anxiety for female involvement and success in competitive sport. Rural young women and girls are prohibited from engaging in sports activities, in particular, because training sessions need clothing and take up more time on the field away from home and are not authorized for dependent females (Qureshi & Ghouri, 2011). A number of factors, such as caste, abilities,

welfare, competency, social position, cultural norms, and religious constraints, have an impact on women's engagement in sport in Pakistan (Walseth & Strandbu, [2014](#)).

The study's conclusions showed that parents discourage their daughters from participating in competitive sports, especially as they approach puberty. But encourage their boys to participate in competitive athletics (Elliott, Bevan & Litchfield, [2020](#)). While a study has shown that while women are improving their motor skills, they do not receive consistent feedback. In order to encourage their girls to engage, parents must also allow them to compete separately in sports (Ohara, Kanejima, Kitamura & P Izawa, 2020). The study's findings showed that boys receive greater parental encouragement to exercise than do girls (Strandbu, Bakken & Stefansen, [2020](#)). While a study found that parental encouragement is a major factor in women's engagement in sport activities. Girls, regardless of gender, are less likely to participate in sports activities, even if they have natural talent (Elliott, Bevan & Litchfield, [2020](#)). So this lack of opportunities for women in sports activities not only discourage them but also facing limited amount of physical activities that may lead to many health risks like obesity, blood pressure, diabetes, arthritis and heart diseases.

Hypothesis

H₁: There is positive and strong correlation between organized sport participation and parental support.

H₂: Parental support has positive and significant impact on sport's participation of the student-athletes.

H₃: The demographic characteristic significantly create variance in the mean score of student-athletes.

Objectives

1. To find out the association between parental support and sports participation.
2. To explores the role of parental support on the sports participation of the both gender.

3. To analyses the impact of demographic attribute on parental support and sports participation of the student-athletes (male & female).

Material and Method

Research Design

The aim of the current study is to analyze the effects of parental support on the sports participation of student-athletes (male & female). In present study, the researcher has followed quantitative method with descriptive study design and adopted cross sectional survey approach for data collection from the participants. In cross sectional approach, the researcher collect data one time from population.

Participants and Sampling

The population of the current study was student-athletes (male & female) who remained the part of the team in annual intervarsity sports competition of all public sector universities of Khyber Pakhtunkhwa (KP). The sample consists of 409 student-athletes, 284 male and 125 female student-athletes voluntarily participated in the current study. Stratified sampling technique was used to collect the data.

Scale of the Study

The researcher has used two adapted scale for data collection. The 1st one was Sport-Multidimensional Perfectionism Scale 2 developed by John Dunn to measure the role of parental support on sport participation (Gotwals,

Dunn & Gamache, 2010). While, the 2nd Physical Activity Index (PAI) scale was used to assess the sport participation (Gill, Gross & Huddleston, 1983). The researcher has validated both scales among the experts of sports Sciences & Physical Education. Furthermore, the internal consistency of the scales were checked through Cronbach alpha method. The Cronbach alpha value for parental support was .841 and for sports participation was .758.

Data Collection Procedure

After getting the approval letter from the Departmental Supervisory Committee of Sports Sciences & Physical Education (SSPE) Gomal University, the researcher has personally visited to all concern universities. Then after, the receiving of permission letter from the concern authorities, the researcher has conducted survey among student-athletes with the help of respective Director Sports of Universities. The researcher has obtained the requisite data form the participants after filling the questionnaire.

Statistical Analysis

The researcher used SPSS-26 version for data analysis. Pearson correlation was used to determine the relationship between parental support and sports participation. While, Linear-regression was used to know the effects of parental support on sports participation. Additionally, Simple T-test was used to analyze difference in mean score between the two groups, male and female student-athletes.

Results

Descriptive Results

Table 1. show the descriptive result of the participants

Demographic	Description	Frequency	Percentage
Gender	Male	284	69.4
	Female	125	30.6
	Total	409	100.0

There were 409 total student-athletes from different public sector universities of Khyber Pakhtunkhwa Pakistan. The distribution of

student-athletes based on gender in table 1, male were 284 (69.4%) and female were 125 (30.6%).

Testing of Hypothesis

H₁: There is positive and strong correlation between parental support and sports participation.

Table 2. Show the relationship between parental support and sports participation

Correlation Coefficient			
		Parental Support	Sports Participation
Parental Support	Pearson Correlation	1	.809
	Sig (two-tailed)		.000
	N	409	409

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

The predictor variable (parental support) has high correlation with the criterion variable (sports participation) of both gender male and female student-athlete. Pearson Correlation was used to find out the relationship of parental support with sports participation. The analyzed statistic data showed positive and significant correlation between the two quantitative variable. The significant association between variable is .809 at 0.01 level (2-tailed).

H₁: Parental support has positive and significant impact on sport's participation of the student-athletes.

Table 3. Show the result of linear Regression regarding the influence of parental support on sports participation.

Model Summary				
Model	R	R-Square	Adjusted R-square	Std. Error of Estimate
1	.809	.655	.654	.12570

a. Predictor: (constant), Parental Support.

b. Dependent: Sports Participation.

Table 4. Regression analysis ANOVA

ANOVA ^a					
Model	Sum of Square	df	Mean square	F	Sig
Regression	12.189	1	12.189	771.481	.000 ^b
Residual	6.431	407	.016		
Total	18.620	408			

Dependent variable, sports

Predictor (constant), parental support

Table 5. Regression Analysis (coefficient)

Coefficient					
Unstandardized Coefficient			Standardized Coefficient		
Model	B	Std. Error	Beta	T	Sig

1 Constant	.250	.074		3.370	.001
Parental	.610	.022	.809	27.776	.000

a: Dependent variable: Sports

H₁: Independent variable (parental support) has significant effects on the sports participation of both gender (male & female). Linear regression was applied to determine the effects of parental support on the sports participation of student-athlete (male & female). The result from model summary revealed 65.5% variation in the

participation of student-athletes. The model is significant when the standardized coefficient Beta (b) is .809 for parental support. The t-values (parental support=27.776 and p values .000) suggested that the predictor variables of parental support is statically important.

Table 6. Independent t-test table shows a significant difference in the participation of sports through parental support

Testing variable	Categorical variable	Group	N	F	Sig	Sig (2-tailed)	Mean difference	Std. Error Diff
Parental Support	Gender	Male	284	.413	.521	3.3990	.10177	.03002
		Female	125				.10177	.02732
Sports Participation	Gender	Male	284	3.685	.056	5.235	.11633	.02222
		Female	125				.11633	.02107

Significant at 0.05

H₁: Demographic characteristic of the participants bring differences in the means score of both variables. The above table shows the gender-based group means differences concerning research variables (parental support & sports participation). The findings displayed that participants with respect to sex have important group mean variances on parental support and sports participation.

Discussion

The researcher has worked about the role of parental support on the sports participation of student-athlete (male & female) at public sector universities of Khyber Pakhtunkhwa Pakistan. The main hypothesis that parental support has prominent role in the sports participation of student-athletes (male & female) is accepted. It is confirmed that parental support has profound

association with the sports participation of student-athletes. The regular participation in sports is very crucial for student-athletes (male & female) for their physical, mental, social development and academic achievement. After the analysis of the responses of the participants regarding the thirteen queries of parental support, all the student-athletes realized the prominent role of parental support in healthy development of their children in all walk of life including sports participation. The study's findings showed that parents are their children's primary teachers and that they must use effective mentoring tactics since their conduct and character qualities have a significant impact on their children's intellectual growth and unique talents (King, Williams & Hahn Goldberg, 2107).

In addition to offering children opportunity and confidence, parents play a beneficial role in

helping their children improve their communication abilities. Parental encouragement, prizes, and punishments are common ways to motivate children. By using this strategy, young people may develop into responsible adults (Salleh & Zainal, [2018](#)). The development of children's physical and mental health as well as a growth in their engagement in sports activities were examined in a research study. However, if this engagement is seen negatively, it might result in sadness, parent-child conflict, exhaustion, and finally dropping out (Thelwell, Wood, Harwood, Woolway & Van Raalte, [2018](#)). The role of parents in developing children's communication skills is positive, in addition to giving confidence and opportunities. Parents are likely to offer motivation by encouraging, offering rewards and giving penalties. By this method, kids may grow up to be living like responsible people (Salleh & Zainal, [2018](#)).

In other terms, a sportsmanlike parent might greatly support his child's participation in sports. The influence of parental modelling appears to be larger on parents and children of the same sex. The recent study has demonstrated that parental support has positive impact on children's engagement in sports (Lev et al., [2020](#)). Another study has revealed that gender plays a major impact in sports, and in recent years, boys have been more likely to participate in these activities than women. (Heinze et al., ([2017](#)).

The study's conclusions showed that parents discourage their daughters from participating in competitions, especially as they approach puberty. But encourage their boys to participate in competitive athletics (Elliott, Bevan & Litchfield, [2020](#)). Though a study has shown that while women are improving their motor skills, they do not receive consistent feedback. Therefore, both parents must permit their girls to engage in solo sports (Ohara, Kanejima, Kitamura & Izawa, [2020](#)). In light of the above statement regarding gender sports participation, parents should be convinced and motivated to provide same

opportunities of sports participation for their daughter too, because public health is at risk from a lack of physical exercise, and hence athletic activities should be attended by the general public for the reasons mentioned above. When they were 12 years old, girls who played sports regularly had better bone mineral density, as well as decreased cardiovascular risk, overweight, and obesity (Maciałczyk-Paprocka et al., 2017). Parents must encourage their children to participate in sports because sports participation always support students in improving their educational performance, which is the main aim of university sports (Khan, Khan, Arif & Khan, [2019](#)).

Conclusion

The aim of the current research paper was to find out the impact of parental support on the sports participation of the student-athletes (male & female) as one of the significance factor to support their children in sports participation for their healthy development in all aspect of life especially in sports. Finding of the research work determined that regular participation in sports play a crucial influence on physical, mental, emotional and spiritual growth of the both gender (male & female). The current investigation confirmed that student-athletes can gain balance personality development and academic achievements through active participation in sports activities. Though, some demographic features of the student-athletes also have effects on the participation rate in sports activities through parental support.

Limitation

The sample for research paper was selected from the student-athletes (male & female) of all public sector universities Khyber Pakhtunkhwa who have taken part in annual intervarsity's sports participation Pakistan. This study may limit the application of results to universities or other setting.

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