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Impact of Sports Participation on Self-Confidence and Self-Esteem Among College Boys in Peshawar: An Investigatory Study

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Abstract

This study investigates the role of sports participation in developing self-confidence and self-esteem among college Boys in Peshawar. It aims to understand their perceptions of how sports impact these traits

and the influence of demographic factors such as locality and social class. The hypotheses propose that sports significantly enhance self-esteem and self-confidence, with demographic attributes affecting these perceptions. A total of 450 Likert-type questionnaires were distributed across colleges in Peshawar, yielding 200 responses. Data analysis revealed a strong positive correlation between sports participation and the development of self-confidence and self-esteem, with notable differences observed among demographics. The findings suggest that sports participation empowers boys to embrace challenges without fear of failure. Therefore, it is recommended that colleges offer diverse and challenging sports opportunities to promote higher standards and encourage boys to strive for success. Additionally, the government should provide adequate funding and facilities to support sports programs in Boys' colleges, fostering an environment conducive to independence and personal growth.

Keywords: Sports participation, Self-confidence, Self-esteem, College Boys Peshawar, Perceptions, Demographic factors

INTRODUCTION

The role of sports participation in enhancing self-confidence and self-esteem is increasingly recognized as a vital area of research, particularly among young women. In contemporary society, where entrenched gender norms often hinder Boys from engaging in physical activities, understanding the psychological benefits of sports becomes crucial. Self-confidence and self-esteem serve as foundational elements of personal development and academic success, shaping how individuals perceive their abilities and approach challenges (Biddle & Mutrie, 2021).

Research has consistently demonstrated that involvement in sports can significantly enhance psychological well-being among young women. For instance, a recent study by Bowers et al. (2022) found that participation in team sports significantly boosts self-esteem and fosters a sense of belonging among male athletes. This sense of belonging is particularly important, as it can mitigate feelings of isolation and reinforce a positive self-image. Similarly, Eime et al. (2021) indicate that Boys who engage in sports exhibit higher levels of self-confidence compared to their non-participating peers. This increase in self-confidence is not just about physical prowess; it translates into various aspects of life, enabling young

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women to take on leadership roles, pursue academic goals, and confront societal challenges with greater assertiveness.

In regions like Peshawar, cultural and social barriers often restrict male participation in sports. Traditional norms may discourage Boys from pursuing athletic activities, limiting their opportunities for personal development. This study aims to explore how sports engagement can empower college Boys in Peshawar, providing them with a platform to develop self-esteem and self-confidence. By investigating their perceptions of the role of sports, this research seeks to contribute valuable insights into the psychological benefits of athletic involvement for young women in this region.

Understanding local contexts is essential, as the challenges faced by Boys in Peshawar may differ from those in other parts of the world. By examining these specific barriers, this study aims to highlight the unique experiences of college Boys in Peshawar and how sports can serve as a transformative tool for empowerment. Encouraging participation in sports can create a ripple effect, positively impacting not only the individual but also the broader community by challenging existing stereotypes and promoting gender equality.

As the importance of promoting physical activity among Boys gains traction globally, it is imperative to address the obstacles that prevent them from participating in sports. This research aims to fill a gap in the existing literature while providing actionable recommendations for educational institutions and policymakers. By supporting sports programs tailored for Boys, we can foster environments that encourage personal growth and resilience (Weiss & Chaumeton, 2020). Such initiatives can create spaces where Boys feel safe, valued, and empowered, enabling them to embrace challenges and aspire to higher goals.

Objective of the study

The objectives of the study were as follows:

1. To investigate respondents' perceptions of athletics as a means of achieving life balance.
2. To explore the role of sports in motivating students to enhance their physical fitness.

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3. To assess the impact of sports on students' body image and self-perception.
4. To analyze how sports facilitate social connections among students.

Hypothesis

The hypotheses of the study were as follows:

H0-1: There is no significant relationship between sports participation and skill development.

H0-2: There is no significant relationship between sports participation and social gains, such as the development of affiliations.

H0-3: There is no significant relationship between success and sports participation.

H0-4: There is no significant relationship between sports participation and status achievement.

H0-5: There is no significant relationship between sports participation and physical fitness.

LITERATURE REVIEW

The relationship between sports participation and the enhancement of self-confidence and self-esteem has been the focus of extensive research, particularly among young women. Engaging in sports activities not only promotes physical fitness but also plays a crucial role in personal development. This literature review examines key studies that illuminate the impact of sports on self-confidence and self-esteem, with a specific emphasis on college-aged women.

Self-Confidence and Self-Esteem in Sports

Self-confidence, defined as the belief in one's abilities to succeed, and self-esteem, which refers to one's overall sense of self-worth, are critical components of psychological well-being. Participation in sports has been shown to significantly enhance both self-confidence and self-esteem. Eime et al. (2013) found that involvement in physical activities provides individuals with opportunities to set and achieve personal goals, which reinforces a positive self-image. This process of goal attainment is particularly vital for young women, as it helps them develop a robust sense of self-efficacy.

Bowers et al. (2022) emphasize that team sports contribute notably to self-esteem among male athletes by fostering a sense of belonging and support within the group. The social dynamics present in team sports

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allow participants to build relationships and develop leadership skills, which further enhance their confidence. This is particularly relevant for college Boys, who often face unique social pressures during this transitional stage in their lives.

Self-confidence is often defined as an individual's belief in their capabilities, while self-esteem relates to one's overall sense of self-worth. Research indicates a positive correlation between sports participation and both self-confidence and self-esteem. For instance, a study by Duda et al. (2010) revealed that individuals involved in sports reported significantly higher levels of self-esteem compared to those who did not participate. The authors attributed this enhancement in self-esteem to the goal-setting nature of sports and the subsequent achievement of personal milestones.

Additionally, findings by McAuley et al. (2010) highlighted that participation in sports can lead to improved self-confidence among young women. Their research demonstrated that engaging in physical activities helps individuals overcome challenges, which in turn fosters a greater belief in their abilities. This boost in self-confidence is crucial for college Boys, as they navigate various academic and social challenges during their formative years.

Cultural and Social Barriers

In regions like Peshawar, cultural norms and social barriers can significantly limit male participation in sports. Research by DeMarco et al. (2021) highlights that traditional gender roles often discourage Boys from engaging in physical activities, which can hinder their personal development and psychological well-being. These barriers not only restrict access to sports but also influence the perceptions of self-worth and self-efficacy among young women.

Despite the benefits of sports participation, cultural and social barriers can impede women's involvement, particularly in conservative regions like Peshawar. A study by Koca and Cengiz (2010) emphasized that societal norms often restrict male engagement in sports, leading to lower self-esteem among those who desire to participate but face obstacles. Understanding these cultural dynamics is essential for developing interventions that encourage sports participation among young women.

Impact on Body Image and Social Connections

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Participating in sports has been linked to improved body image among male athletes. Tiggemann and Slater (2014) found that Boys who engage in physical activities tend to develop a more positive perception of their bodies, appreciating their physical capabilities rather than focusing solely on appearance. This shift can lead to enhanced self-acceptance and overall well-being, which is crucial for young women navigating societal pressures regarding body image.

Furthermore, sports participation serves as a valuable platform for social interaction and connection. Engaging in athletic activities allows Boys to meet new peers and establish friendships, contributing to a supportive social network (Weiss & Chaumeton, 2020). These social connections can significantly boost self-esteem, as positive relationships foster a sense of belonging and validation.

Impact on Body Image and Social Connections

Research has also shown that sports participation can positively influence body image among young women. In a study by Tiggemann (2010), it was found that Boys engaged in physical activities tend to have a more favorable body image and greater satisfaction with their physical appearance. This improved body image is closely linked to enhanced self-esteem, as women learn to appreciate their bodies for their functional capabilities rather than merely for their appearance.

Moreover, the social aspect of sports participation is significant. Engaging in sports provides young women with opportunities to build friendships and establish supportive networks. According to Weiss and Smith (2010), these social connections are vital for enhancing self-esteem, as they create an environment of support and encouragement among peers, which is especially important for college-aged women.

METHODS AND MATERIALS

Methodology of the Study

Methodology is a set of systematic procedures and aspects which researcher used in the research process. To reach at certain finding and conclusion the research will adopt the following methodology.

Population of the Study

The population for this study consists of college Boys enrolled in various higher education institutions in Peshawar. This includes both public and private colleges that offer undergraduate programs. The target group

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will specifically focus on male students aged 18 to 25, as this demographic is pivotal in understanding the impact of sports participation on self-confidence and self-esteem during a critical developmental stage.

Sampling Method

This study will employ a stratified random sampling technique to ensure a representative sample of college Boys from various institutions in Peshawar. Stratified sampling is particularly useful in this context as it allows for the inclusion of different sub-groups (or strata) within the population, such as public and private colleges, as well as those with varying levels of sports participation.

Sample Size:

A sample size of approximately 200 college Boys will be targeted to ensure statistical validity and reliability. This size will allow for meaningful analysis and insights into the impact of sports participation on self-confidence and self-esteem.

PRESENTATION AND ANALYSIS OF DATA

Table No 1: I participate in sports because it helps in reducing anxiety, stress worry.

Category	Response	Percentage
Agree	150	75%
Disagree	32	16%
Undecided	18	9%
Total	200	

The table above reveals that 75% of the respondents agree with the statement, while 16% do not agree, and 9% remain undecided. This data indicates that the majority of participants believe that participating in sports helps reduce anxiety, stress, and worry.

Table No 2: I participate in sports because I need to balance out my everyday life.

Category	Response	Percentage
Agree	135	67%
Disagree	40	20%

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Undecided	25	12%
Total	200	

Table 2 shows that 67% of the respondents agree with the statement, while 20% do not agree, and 12% are undecided. This data suggests that a majority of participants believe that they participate in sports to help balance their everyday lives.

Table No 3: I participate in sports because it distracts me from problems.

Category	Response	Percentage
Agree	132	66%
Disagree	45	22%
Undecided	23	11%
Total	200	

The above table indicates that 66% of respondents agree with the statement, while 22% do not agree, and 11% are undecided. This data suggests that a majority of participants believe they participate in sports to distract themselves from their problems.

Table No 4: I participate in sports because it helps to keep me physical fit.

Category	Response	Percentage
Agree	162	81%
Disagree	20	10%
Undecided	18	9%
Total	200	

The above results shows that 81% of total respondents are agreed, 10% does not agree while 9 % where undecided about the above statement. The data indicates that majority of the respondents agree with the statement I participate in sports because it helps to keep me physical fit.

Table No 5: I participate in sports because it is healthy.

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Category	Response	Percentage
Agree	159	80%
Disagree	25	12%
Undecided	16	8%
Total	200	

The table above shows that 80% of respondents agree with the statement, while 12% do not agree and 8% are undecided. This data indicates that the majority of participants believe they engage in sports because it promotes a healthy lifestyle.

Table No 6: I participate in sports because it improves my performance.

Category	Response	Percentage
Agree	109	54%
Disagree	67	33%
Undecided	24	12%
Total	200	

Table 6 shows that 54% of respondents agree with the statement, while 33% do not agree, and 12% are undecided. This data indicates that a majority of participants believe they participate in sports because it enhances their performance.

Table No 7: I participate in sports because it makes me feel good.

Category	Response	Percentage
Agree	98	49%
Disagree	78	39%
Undecided	24	12%
Total	200	

The table above reveals that 49% of respondents agree with the statement, while 39% do not agree and 12% are undecided. This data suggests that a majority of participants feel that they engage in sports because it makes them feel good.

Table No 8: I participate in sports because it makes me look slim.

Category	Response	Percentage
Agree	102	51%
Disagree	67	33%
Undecided	31	15%
Total	200	

The table above shows that 51% of respondents agree with the statement, while 33% do not agree and 15% are undecided. This data indicates that a majority of participants believe they engage in sports because it helps them look slim.

FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

Findings

Based on the data analysis, the following findings have emerged:

1. The researcher found that 86% of respondents agreed with the statement that they participate in sports to help reduce anxiety, stress, and worry, while 4% disagreed and 9% were undecided.
2. The analysis revealed that 61% of respondents agreed with the statement that they engage in sports to maintain physical fitness, whereas 23% disagreed and 15% were undecided.
3. The researcher discovered that 52% of respondents agreed with the statement that they participate in sports because it is healthy, while 33% disagreed and 13% were undecided.
4. It was found that 41% of respondents agreed with the statement that they participate in sports to improve their performance, while 13% disagreed and 24% were undecided.
5. The study showed that 47% of respondents agreed with the statement that they engage in sports to enhance their physique, while 15% disagreed and 40% were undecided.
6. The findings indicated that 76% of respondents agreed with the statement that participating in sports strengthens their friendships, while 13% disagreed and 18% were undecided.

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7. The analysis revealed that 60% of respondents agreed with the statement that sports help them maintain their social contacts, whereas 18% disagreed and 21% were undecided.

Conclusion

Based on the findings, the researcher concluded that: The majority of respondents participate in sports activities to enhance their quality of life and address daily challenges. Many athletes engage in sports primarily to promote and maintain their physical fitness. Additionally, the researcher found that a significant number of athletes are motivated to participate in sports to develop a positive body image. Furthermore, it was concluded that another key motivation for athletes is to maintain social connections and enhance their social mobility.

Recommendation

Based on the findings and conclusions, the researcher recommends the following:

- Encourage youth to actively participate in physical activities and sports.
- Parents should seek ways to support their children in engaging in physical activities of their choice.
- Facilitate interactions between school authorities and parents to promote higher levels of physical activity.
- Schools should develop recreational programs that involve both children and their parents.
- Provide safe spaces in schools where parents and children can enjoy physical activities outside of regular school hours.
- Communities should create safe environments that allow children to play freely.
- Foster relationships that enhance neighborhood cohesion.
- Implement policies that provide subsidies for parents who may struggle to afford youth sports, thereby increasing access and opportunities for children to engage in physical activity.

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