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**Perception Of Educated Parents Towards Their Children
Participation In Sports**

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Abstract

This study investigates the perceptions of educated parents regarding their children's participation in sports within District Mardan. Based on comprehensive data analysis, key findings emerged from a sample of 50 educated parents selected through simple random sampling. The results indicate that nearly all children were encouraged by their

parents to engage in sports, reflecting a general belief among respondents that parents support their children's sports participation. Although most teachers provide adequate sports facilities in schools, such resources are often lacking at home. Notably, parents demonstrated strong encouragement for female participation in sports, frequently acknowledging their achievements. However, many parents expressed dissatisfaction with the current level of their children's involvement in sports. Additionally, the findings highlight a consensus among parents that sports activities serve as an essential avenue for skill development and enhance cognitive abilities, positively impacting academic performance. Data was collected using a structured questionnaire developed under the guidance of experts in sports sciences and physical education, providing a robust framework for understanding parental perceptions in this context.

Key words: Parental Perception, Sports Participation, Educated Parents

Skill Development, Gender Encouragement

INTRODUCTION

Sports participation is a very strong source of comprehensive development of its participants in all spheres, no matter it is the social development or it is mental, psychological, and intellectual of spiritual development and emotional stability, or even economic development. The sports persons are respected a lot in the communities they belong to. These all developments are needed for female also, but unfortunately majority of the females have been neglected so far in Pakistan and particularly in our society.

Recent studies have revealed that intensive multiple interventions such as smoking cessation, blood lipid reduction, weight control, and physical activity significantly decreased rate of progression and, in some cases, led to regression in the severity of atherosclerotic lesions in persons with coronary disease. In addition, limited data indicate that higher-intensity exercise compared with lower-intensity exercise improves left ventricular ejection fraction in persons with coronary artery disease. Current activity status (i.e., persons remaining physically active or having been sedentary and becoming physically active) revealed the greatest decline in coronary

artery disease risk. Persons who remain sedentary have the highest risk for all-cause and cardiovascular disease mortality.

It is well known saying that regular physical sports activity is an important determinant of healthy lifestyle, and, to the contrary, physical activity is a strenuous risk factor for many diseases. Research study examined the exercise habits and the physical condition of medical teachers. Medical teachers are studying because of the presumption that they are knowledgeable about the benefits of exercise and would have future influence on their students. However, there is evidence of a sharp contrast between their knowledge about the benefits of regular physical activity and their participating in exercising.

In our society, participation in sports is bound to the conception of parents who are the power to approve sports participation to their students and wards/children. If the parents have a very clear and positive attitude towards sports activities and favor these activities, sports can flourish and the level of participation can increase and ultimately very one can test the fruit of sports participation but if otherwise the level of participation among the females would ultimately be decreases.

In this connection the researcher decided to conduct a study to evaluate the perception of educated parents towards their children participation in sports. For this purpose, the researcher developed a, which was served and collected back by the researcher. The data collected was then analyzed and finding and conclusion drawn.

On the bases of findings of the study, the researcher reached the following conclusions:

Most of the educated parents having awareness about sports and physical activities and considered these activities as an important element for their children as physical activities improve the intellectual capacity of the students which have positive impact on the conduct of the student. Most of the respondents promoted sports activities in and want to train their children through an organized program of sports activities but they having lack sports facilities. It was observed that majority of the population think that sports activities are the best source of skill development.

Objective of the Study

- To study the attitude of parents toward their children sports participation.
- To study about their awareness about the importance of sports.
- To convince through this study their parents to allow their children for sports participation.
- To give suggestion and recommendation for the promotion of children sports.

Hypotheses

- Parents encourage their sons more than their daughters to participate in sports
- The teachers and coaches encouraging their students.

LITERATURE REVIEW

The involvement of children in sports has garnered significant attention in recent years, particularly concerning how parents perceive and influence this participation. Educated parents, in particular, often have distinct perspectives shaped by their understanding of the benefits of sports. This literature review explores the various dimensions of educated parents' perceptions regarding their children's participation in sports, examining the influences on their attitudes, beliefs, and the implications for children's development.

The Importance of Sports for Children

Numerous studies highlight the multifaceted benefits of sports participation for children. According to Eime et al. (2013), engaging in sports contributes to physical health, psychological well-being, and social development. Sports can enhance self-esteem and social skills, providing a framework for teamwork and discipline. The emphasis on these benefits often shapes how parents perceive sports involvement.

Educated Parents' Attitudes Towards Sports

Educated parents generally possess a greater awareness of the benefits of physical activity. Research by McKay and Wright (2015) indicates that parents with higher educational attainment are more likely to encourage sports participation, recognizing its positive impact on both physical and mental health. These parents often view sports as an integral part of a holistic education, seeing it as a

complement to academic achievement.

Factors Influencing Parental Perception

Cultural Background: Cultural beliefs significantly influence parents' attitudes toward sports. For instance, certain cultures may prioritize academic success over athletic participation. According to Chen et al. (2018), parents from collectivist cultures may perceive sports as a distraction from academics, while those from individualist cultures may encourage sports as a way to develop personal identity and resilience.

Previous Experiences: Parents' own experiences with sports during their childhood can significantly affect their perceptions. Research by Holt et al. (2008) suggests that parents who had positive sports experiences are more likely to encourage their children to participate, viewing it as a pathway to personal growth and social integration.

Barriers to Participation

Despite the positive perceptions, educated parents also identify barriers to sports participation. Time constraints due to busy schedules and concerns about safety or injury are common concerns. As highlighted by Dorsch et al. (2016), parents often struggle to balance their children's sports activities with academic responsibilities, leading to potential conflicts.

Gender Differences in Perceptions

Gender also influences parental perceptions of sports participation. Studies by Scherer (2016) reveal that mothers and fathers may have differing views on their children's involvement based on gender stereotypes. While fathers may encourage traditional sports (e.g., football or basketball) for boys, mothers might be more supportive of non-competitive activities for girls. This differential treatment can impact children's choices and experiences in sports.

Conclusion

Educated parents generally perceive sports participation as beneficial for their children, recognizing its role in fostering physical, psychological, and social development. However, various factors, including cultural background, socioeconomic status, and personal

experiences, influence these perceptions. Additionally, barriers to participation and gender dynamics further complicate the landscape. Understanding these perceptions is crucial for developing strategies to promote sports participation among children, ensuring a well-rounded approach to their development.

MATERIALS AND METHODS

Population of the Study

The population of this particular study consisted of all the teachers and parents in District Mardan.

Sample and Sample Size

It was very difficult for the student's researcher to meet and contact all the parents. To overcome this difficulty the study was confined to a stipulated number of respondent's i.e., 50 through the process of delimitation using simple random sample technique. This sample for the study was comprised of 50 educated parents in the locality of District Mardan.

Tool for data collection

A scheduled form of questionnaire was prepared and used for the purpose of data collection. The questionnaire was prepared under the guidance of expert in the discipline of sports sciences and physical education.

PRESENTATION AND ANALYSIS OF DATA

Q: 1 Do you have knowledge about need and importance of children participation in sports?

OPTION	RESPONSES	PERSENTAGE
YES	10	20%
NO	40	80%
TOTAL	50	100%

According to the above table 20% of the respondents have knowledge about the need and importance of children participation in sports while 80% respondents do not have knowledge about need and importance of children participation in sports.

Q: 2 Do you positively think about the children participation in sports?

OPTION	RESPONSES	PERSENTAGE
YES	05	10%

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NO	45	90%
TOTAL	50	100%

The above table shows that 10% of the respondents positively think about the children participation in sports while only 90% of the respondents do not think so.

Q: 3 Do you participate in any kind of sports activity?

OPTION	RESPONSES	PERSENTAGE
YES	10	20%
NO	40	80%
TOTAL	50	100%

According to the above table 20% respondents participate in any kind of sports activity while the 80% of the respondents do not participate in any kind of sports activity.

Q: 4 Do you motivates your children towards participation in sports?

OPTION	RESPONSES	PERSENTAGE
YES	40	80%
NO	10	20%
TOTAL	50	100%

According to the sketched table 80% of the respondents motivate your children towards participation in sports while 20% of the respondents do not motivate your children towards participation in sports.

Q: 5 Do you provide sports facilities to your wards in your home?

OPTION	RESPONSES	PERSENTAGE
YES	20	40%
NO	30	60%
TOTAL	50	100%

The above table elaborates that only 40% pf the respondents provide sports facilities to your wards in your home while a 60 %of the respondents disagreeing with it.

Q: 6 Do you appreciate your children on good sports performance?

OPTION	RESPONSES	PERSENTAGE
YES	32	64%
NO	18	36%
TOTAL	50	100%

The above table elaborates that 64% of the respondents appreciate your children on good sports performance while the 36% respondents do not appreciate your children on good sports

performance.

Q: 7 Do you think that participation of children in sports is need of the day?

OPTION	RESPONSES	PERSENTAGE
YES	45	90%
NO	5	10%
TOTAL	50	100%

The above table shows that 90% respondents think that participation on female in sports is a need of the day while 10% respondents do not think that participation on female in sports is a need of the day.

Q: 8 Are you of the opinion that children should regularly participated in sports?

OPTION	RESPONSES	PERSENTAGE
YES	35	70%
NO	15	30%
TOTAL	50	100%

The table elaborate that 70% respondents think that that children should participate in sports While 30% respondents do not think that that female should participate in sports.

FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

Findings

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

- This study was conducted to know about the perception of educated parents towards their children participation in sports. After collection, analysis and tabulation of data, the following findings were drawn:
- The researcher found that almost the entire children were encouraged by their parents.
- A large number of the respondents are of the view that majority of the parents wants to allow their children in sports participation. The study points out that most of the teachers provide sports facilities in their institution but they have not such facilities in their home.
- According to the data analysis most of the parents encourage and motivates the females toward sports and also

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appreciated them on the bases of good sports performance.

- It was observed that most of the most of the parents do not satisfy with the extent of their children participation in sports.
- It was observed that majority of the population think that sports activities are the best source of skill development. They think that physical activities improve the thinking abilities of the students which have positive impact on academics of the student.

Conclusion

Based on the findings, the researcher concluded that: Most of the educated parents having awareness about sports and physical activities and considered these activities as an important element for their children as physical activities improve the intellectual capacity of the students which have positive impact on the conduct of the student. Most of the respondents promoted sports activities in and want to train their children through an organized program of sports activities but they having lack sports facilities. It was observed that majority of the population think that sports activities are the best source of skill development. They think that physical activities improve the thinking abilities of the students which have positive impact on academics of the student.

Recommendation

On the bases of conclusion, the researcher recommends that:

- The confident of parent's teachers may be developed in connection with their abilities in sports, exercise and others physical activities.
- Proper equipment facilities which are need to do physical activities may be provided to the children in schools as well as in the homes.
- The parents as well as the un educated parents may be facilitated by experts or trained coach for proper performing of sports and other physical activities.
- It is also recommended that the parents may be supported by the relevant authorities for participation in physical activities.
- 5 There may be a regular conduct of sports and other

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physical activities at local level so that the children can develop their physical and mental health.

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