

## **BARRIERS FACED BY PHYSICAL EDUCATION TEACHERS IN PROMOTING SPORTS AT COLLEGE LEVEL**

**Shah Khalid<sup>1</sup>, Huang<sup>2</sup>, Noor Muhammad Marwat<sup>\*3</sup>, Manzar Shabab<sup>4</sup>, Habib Ullah<sup>5</sup>,  
Muhammad Ilyas<sup>6</sup>**

<sup>1,2,4</sup>Ph.D. Scholar University of Lahore.

<sup>3</sup>Lecturer Department of Sport Sciences and Physical Education, Gomal University, D.I.  
Khan.

<sup>5</sup>M.Phil. Scholar, Isra University, Islamabad.

<sup>6</sup>M.Phil. Scholar Hazara University Mansehra.

**Shah Khalid , Huang , Noor Muhammad Marwat , Manzar Shabab , Habib Ullah ,  
Muhammad Ilyas , Barriers Faced By Physical Education Teachers In Promoting Sports  
At College Level , PalArch's Journal Of Archaeology Of Egypt/Egyptology 18(8), 3508-  
3514. ISSN 1567-214x.**

**Keywords: Health and Physical Education Teacher, Government, Degree, Post-  
graduate, Colleges, Parents, Principals, Head of Departments.**

### **ABSTRACT**

**Purpose:** Purpose of this study was to investigate the barriers faced by the Health and Physical Education Teachers in promoting sports activities at college level in Pakistan. The primary aim of the research was to find out the particular hurdles and obstacle faced by teachers and students in schools which are the central cause of decline of sports at school level. The secondary aim was to suggest possible means and methods to eliminate those barriers.

**Methodology:** Descriptive research methodology has been used by the researchers in this particular research study. Population of research study was the Government Degree and Post Graduate Colleges of Khyber Pakhtunkhwa, Pakistan. Through random sampling technique sample of 31 Health and Physical Education Teachers and 31 Principals were chosen. Mode for data collection was closed form of questionnaire. Data was analyzed through SPSS version 2021.

**Main Findings:** It was concluded that most of Health and Physical Education Teachers faced lot of Barriers in promoting sports activities at college level in KP, Pakistan. Major obstacles were as lack of facilities, lack of funding for sports, lack of student interest for sports participation, lack of sports infrastructures. Head of the institutes and parents were also hurdle to some extent. Lack of safety and security provision was also among the barriers.

**The implication of the Study:** Results of analyzed data will help the parents, administrators, head of the institutes and teachers to motivate students to participate in sports activities at college level. Researchers after pointing out the main barriers in sports promotion at college level will recommend the suitable suggestions to eliminate those factors and produce healthy individuals for the prosperous society and country.

**Novelty:** Although lot of studies have been conducted on this particular issue, yet the researchers have tried level best to readdress the central problems, obstacles and barriers faced by the concerned population after the severe jolts of earth quakes, floods, terrorism and the pandemic Covid-19, in the province of Khyber Pakhtunkhwa. Results of the study will help as sigh of relief for the people opted sedentary life and non-premising behaviour for allowing children to take part in sporting activities. Lot of innovation is still there for future researchers to expend the areas and variables.

## **INTRODUCTION:**

Sports, exercises and physical education at college level show a significant job in the advancement of solid sound practices that additionally steady in ascending fit as a fiddle, great way of life in the essential later long periods of their lifecycle ([Strong, 2005](#)). Physical Education, exercise and sports assume a significant job in the student's life. Students in school and college can be engaged with various games exercises and activities. According to [Beighle et al., \(2006\)](#) in colleges understudies can be associated with physical instruction, sports exercises and relaxation exercises in such a manner that participants may use their extra energies in helpful and useful manner. Henceforth, the job of Health and Physical Education teacher turns out to be exceptionally critical in the evolution of the character of the liners during participation. In many countries around the world physical education, exercises and sports are given much more importance at college level. Students who normally participate in sports, exercises and fitness activities are acknowledged and energized ([Juul.I.et al, 2018](#)). They participate in sports as per their enthusiasm for sports movement. In Pakistan the current circumstance of Health and Physical Teachers are entirely unexpected. The participation and encouragement level of sports at college level is dramatically low and concerning. There are numerous reasons and obstacles behind this issue particularly at school and college level among students ([Mckinney.J.et al, 2016](#)). The analyst are groupings the key obstacles into five classifications including administrative, regulatory, money related, social, and parents/guardians' permissiveness. The interest, experience and qualification level of physical education teacher has also paramount importance. All the above obstacles have exceptionally terrible impact on the advancement of sports, exercises and competitions at college level ([Jago and Baranowsk, 2004](#), & [Pellegrini et al, 1995](#)).

## **LITERATURE REVIEW:**

Physical Education, sports and exercise are basic piece of the absolute training of all individuals from school, college and university. Students always show enthusiasm and interest in various

exercise, competitions and physical guidance program as and when motivated and encouraged (Siedentop, et al, 2011). Morgan & Hansen (2008) called attention towards the obstacles schools and colleges level which are leading causes to limit the advancement of sports, physical activities, exercises and competitions. Vital obstacles are college administration, having no enthusiasm for advancing games, competitions and exercises, equipment and basic infrastructures in colleges. Most of the college students are at high risk to miss sports competitions and participation it was reported in the findings of study identifying the barriers hindering the college student sports participation. Socio-cultural barriers were main hurdles in sports participation (Almutairi, et al, 2018). Shortage of qualified staff, equipment and transportation are the obstacle in way of student sport participation (Das.B.M, et al, 2016). Lifetime better habits are directly related to the sports and physical activities participation. Individual well-being, academic and social betterment is directly influenced by the sports participation (Jabeen. A M., et al, 2016). It is an established fact and proved from the research study that regular participation in sports, physical activities and exercises develop important behavior in participants for better academic achievements and safeguard against illnesses (Fletcher, 2016). Decline in physical activity and sports participation has been observed in college students due to unavoidable barriers (Kopperstad.O., et al, 2017). Findings of study have reproduced that decline in sports participation among students is due to socio-economic status, attitude and knowledge about sports (Warburton. D, et al, 2016). Time, cost, lack of confidence, missing of sports participation behaviour and fear of injury are also obstacle in sports participation at school and college level. Financial resources and motivation are also hurdle in the way of physical activities involvement (Molanorouzi. K., et al, 2015). Physiological and psychological behaviours of the participants are also causes of decline in the sport participation at college level (Rubio Henao, et al, 2016). Students avoid sports and physical activities participation due to inconvenience of exercise, lack of self-motivation and boredom from exercise protocol (Orunaboka. T.T.& Nwachukwu. F, 2012). Finding of the study shows that lack of confidence, missing of reward progress towards goal, social environment and community spirit directly influence the sports participation level of students (Amireault. S., et al, 2015). Parents' permissiveness, transportation, spiritual factors and lack of time are considered vital for sports participation (Karthik,L 2014).

## OBJECTIVES OF THE STUDY

1. To identify the barriers faced by Physical Education Teachers in sports participation at colleges.
2. To evaluate the impact of those barriers' sports participation.
3. To recommend proper suggestion to eliminate the barriers of sports participation.

## Hypotheses

**Ho 1:** There are no barriers in sports participation.

**Ho 2:** There is no significant impact of barriers on sports participation.

## RESEARCH METHOD

Researchers got proper approval from the research ethics committees of the Department of Sport Sciences and Physical Education, Gomal University, Dera Ismail Khan, Khyber Pakhtunkhwa, Pakistan. Research study in hand was descriptive in nature. Researchers used a survey type questionnaire for collection of desired data. Population of the study comprised of all director

sports, physical education teachers and Principals Government Degree and Post Graduate colleges of Khyber Pakhtunkhwa. Sample of only three districts of Province; Mardan, Nowshera, and Swabi was randomly selected. There were 22 boys and 11 girls' colleges in the chosen districts. All the Principals and physical education teachers were examined through survey type questionnaire. Collected data was analyzed through appropriate statistical tool the per centage and mean.

### Participants

**All the Principals and Physical Education Teachers 33 each of the 3 districts selected were participants of the study.**

### Instrument

Researchers visited the targeted colleges of the chosen districts and after motivating discussions handed over the desired questionnaires. Collected information were properly tabulated and statistically analyzed. Per centage and mean was used as statistical tool for results of the study.

### Reliability

Reliability of study survey questionnaire was done and it was well within the limits.

### Data Analysis

Following are the results of the data in light of the responses of chosen sample.

S.No	Question	No:	Response Percentage %
1	Student are not concerned with lack of sports facilities.	21	67.74
2	Lack of interest on part of students for sports participation.	19	62.29
3	Lack of time spared by student for sports participation	18	58.06
4	Principals are non-cooperative in conduct of sporting events	17	54.84
5	Number of student athletes is significantly lower	15	48.38
6	Talented student athletes are admitted in college	14	45.16
7	Sports equipment are not sufficient.	14	45.16
8	Allied sports facilities are inadequate.	13	41.93
9	Major barrier is unavailability grounds and courts.	12	38.70
10	No coaching facility is provided	12	38.70
11	Lack of skill of students is main hurdle	11	35.48

12	Family obligations hinders sports participation of students.	10	32.25
13	Poor awareness of sport among students is hurdle in sports	10	32.25
14	Improper timing at college for sports	10	32.25
15	No transportation facility is available for student players	9	29.03
16	No appropriate use of the funds allocated for sports	9	29.03
17	Lack of motivation for players in college	8	25.80
18	Procedure of purchase for sports equipment is not proper	8	25.80
19	Safety in daily sports activities is major obstacle	6	19.35
20	Social influence is main hurdle in college sports	6	19.35
21	Principal do not monitor sports activities in college	5	16.12
22	Principal of college do not collaborate with physical education teacher.	4	12.90
23	Parents take no interest in supporting sport participation of children.	4	12.90
24	Religion is obstacle in sports participation	4	12.90
25	Motivational aspect of parents is missing	3	9.67

## DISCUSSION

Results of the study revealed that the lack of grounds facilities is main obstacle in promotion of sports activities in colleges. Funds and the sports budget are hurdles in sport projection. Most of student do not bother to spare time for physical activities and exercise. Findings of the study is at par with the results of [Mahony.P,\(2019\)&Reimann.B.J, \(2014\)](#). Principals in majority also take least interest in monitoring sports activities and competitions. Physical education teachers pay no attention towards motivation of the students. [Kopperstad.O., et al, \(2017\)](#) have too reported that head of institutes, and physical education teachers pay no attention towards sports participation nor motivate students to participate in sporting activities. Parents' permissiveness and financial assistance has also been proved as hurdle in sports participation. Talent of the student athletes is spoiled due to non-availability of training and coaching facilities in colleges. Access to the grounds and transportation also hinders students' sports participation. Such like results have been shown in the findings of research conducted by [\(Jabeen. A M.,et al, 2016\)](#).

## CONCLUSION

Results of the research have shown that both the hypothesis of the study are rejected. There are lot of obstacles which can be declared vital causes in promotion of sports at college level in KP, Pakistan. Motivation of principals, parents and general public inline of physical activities, exercise and sports participation will minimize the impact of main hurdles.

## LIMITATIONS

Researchers having in mind the financial constraints and Covid-19 prevailing situations restricted the study only to the three districts of KP, Pakistan.

## AUTHORS CONTRIBUTION

Shah Khalid<sup>1\*</sup>, Huang<sup>2</sup>, Manzar Shabab<sup>3</sup>, Muhammad Ilyas<sup>4</sup>, Noor Muhammad Marwat<sup>5</sup>

:1 – Study design; 2 – Data collection; 3– Statistical analysis; 4 – Manuscript preparation, 5- Financial Management and Corresponding Author.

## REFERENCES

1. Almutairi, K. M., Alonazi, W. B., Vinluan, J. M., Almigbal, T. H., Batais, M. A., Alodhayani, A. A., ... &Alhoqail, R. I. (2018). Health promoting lifestyle of university students in Saudi Arabia: a cross-sectional assessment. *BMC public health*, 18(1), 1-10.
2. Amireault, S., & Godin, G. (2015). The Godin-Shephard leisure-time physical activity questionnaire: validity evidence supporting its use for classifying healthy adults into active and insufficiently active categories. *Perceptual and motor skills*, 120(2), 604-622.
3. Beighle, A., Morgan, C. F., Le Masurier, G., &Pangrazi, R. P. (2006). Children's physical activity during recess and outside of school. *Journal of School Health*, 76(10), 516-520.
4. Das, B. M., &Petruzzello, S. J. (2016). Barriers to physical activity in a mass transit population: A qualitative study. *Journal of physical activity and health*, 13(1), 53-58.
5. Fletcher, J. (2016). Applying self-determination theory to college students' physical-activity behavior: Understanding the motivators for physical (in) activity. *Communication Studies*, 67(5), 489-508.
6. Henao, R. F. R., &Arévalo, M. T. V. (2016). Perceived barriers in university students to physical activity practice. *RevistaCubana de SaludPública*, 42(1), 61-69.
7. Jabeen, A., & Khan, S. (2016). Study Regarding Allocation And Utilization Of Sport Funds For The Uplift And Promotion Of Sports Among Female Colleges In Punjab.
8. Jago, R., & Baranowski, T. (2004). Non-curricular approaches for increasing physical activity in youth: a review. *Preventive medicine*, 39(1), 157-163.
9. Juul, L., Rowlands, G., &Maindal, H. T. (2018). Relationships between health literacy, motivation and diet and physical activity in people with type 2 diabetes participating in peer-led support groups. *Primary care diabetes*, 12(4), 331-337.
10. Karthik, L., Kumar, G., Keswani, T., Bhattacharyya, A., Chandar, S. S., &Bhaskara Rao, K. V. (2014). Protease inhibitors from marine actinobacteria as a potential source for antimalarial compound. *PloS one*, 9(3), e90972.
11. Mahony, P., & Weiner, G. (2019). Neo-liberalism and the state of higher education in the UK. *Journal of Further and Higher Education*, 43(4), 560-572.

12. McKinney, J., Lithwick, D. J., Morrison, B. N., Nazzari, H., Isserow, S. H., Heilbron, B., & Krahn, A. D. (2016). The health benefits of physical activity and cardiorespiratory fitness. *British Columbia Medical Journal*, 58(3), 131-137.
13. Molanorouzi, K., Khoo, S., & Morris, T. (2015). Motives for adult participation in physical activity: type of activity, age, and gender. *BMC public health*, 15(1), 1-12.
14. Morgan, P. J., & Hansen, V. (2008). Classroom teachers' perceptions of the impact of barriers to teaching physical education on the quality of physical education programs. *Research quarterly for exercise and sport*, 79(4), 506-516.
15. Orunaboka, T. T., & Nwachukwu, E. (2012). The role of sports and physical education as a mechanism for control of deviant act among secondary school students in Nigeria. *Asian Journal of Management Sciences and Education* 1, 1, 21-27.
16. Pellegrini, A. D., Huberty, P. D., & Jones, I. (1995). The effects of recess timing on children's playground and classroom behaviors. *American educational research journal*, 32(4), 845-864.
17. Reimann, B. J. (2014). The gender dichotomy and its impact on the attitude and satisfaction levels of first-year female college students towards their high school physical education experience.
18. Siedentop, D., Hastie, P., & Van der Mars, H. (2019). *Complete guide to sport education*. Human Kinetics.
19. Strong, W. B., Malina, R. M., Blimkie, C. J., Daniels, S. R., Dishman, R. K., Gutin, B., ... & Trudeau, F. (2005). Evidence based physical activity for school-age youth. *The Journal of pediatrics*, 146(6), 732-737.
20. Warburton, D. E., Taunton, J., Bredin, S. S., & Isserow, S. (2016). The risk-benefit paradox of exercise. *BC Medical Association Journal*, 58, 210-218.