

ROLE OF PUBLIC SECTOR UNIVERSITIES IN EMPOWERING FEMALE STUDENTS THROUGH SPORTS

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ABSTRACT

In order to compete with the demands of 21st century it is necessary for women to be empowered. There are number of ways for women to be empowered. Today sports and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Women could be empowered through education, sports and physical activities and by giving them equal opportunities in different walk of life. By keeping in view the importance of women empowerment, researcher proposed the following objectives such as to through light on benefits and advantages that women gain through sports. Researcher examined that perception of female has been change while playing games and sports. There is relationship exist between female empowerment and sports. The proposed study was descriptive study in nature. The population for this study comprised of public universities in Rawalpindi district. The study was delimited to Taxila and Rawalpindi tehsils. These tehsils have public sector universities i.e. PMAS Arid Agriculture University Rawalpindi, Fatima Jinnah Women University Rawalpindi and University of Engineering and Technology Taxila with female sports. The Pir Mehr Ali Shah Arid Agriculture University Rawalpindi has been selected for pilot testing and Fatima Jinnah Women University Rawalpindi and University of Engineering and Technology Taxila has been selected for final study. The total population was 187. 20% of population was selected for pilot and 50% of population was selected for final study. Random sampling technique was used to collect data for the proposed study. Researcher developed a checklist and questionnaire based on five point Likert scale as tools of research to collect data. The collected data was analyzed by appropriate statistical test in SPSS. The major findings of the study included that sports had improved health, the positive feelings of wellbeing and had developed strong managerial and self-determination power. The study will serve as SWOT analysis at country level towards improvement of female sports in order to make them empowered.

Keywords: female empowerment, sports, games physical activities

INTRODUCTION

Women are one of the fundamental components for the society for its progress, prosperity, and development. Women take part in varieties of roles in our society from their birth until the end of life. A society cannot progress if it cannot empower women. For this purpose, we need to assist women with good quality of education, vocational programs, professional opportunities, and sports facilities. They can take part in society activities for its betterment. Women in sports can make a prominent participation to public life and the society. (Tabassum, 2016)

Modern era is of globalization where everything is changing so quickly and the world became a sports village. Females move toward sports and their thoughts become optimistic, they like

and love sports and take part in sports for their complete growth i.e. health, intellectual, social, demonstrative, and spiritual growth (Khan et al.,2012)

BACKGROUND OF THE STUDY

Jennifer Hargreaves believes that strengthen a female is a method by people get power over their lives, that is, empowerment facilitates female to do things in their own interests rather than at the domination of others for their assistance. Empowerment also acquires the talent to defend against pressures against gender-stereotyped notions regarding presentation and behavior. It also allow female to be more socially self-confident. As such, becoming empowered allow female to become more positive and practical in terms of what they do with their lives; they become active sports women. (International Sports Studies, 2002)

Women empowerment seeks proper attention by gaining proper education, health care, employability and media access. Empowering is a skill which help female to develop economically, socially and psychologically. To take decision about their lives. Two component of female empowerment are First one is self-esteemed and second one is to freedom to control their lives. According to the world bank report women empowerment was considered as a primary goal to get better achievement for their lives and also play significant actions for the society and community. King and Mason (2001)

Sport is empowering, chiefly for girls, and face sexual category. Sport contribution offers girls and chance to construct their self-esteem, guts and self-efficacy. It is a position where they can obtain leadership positions and through sport programs female' faith in their own aptitude increases. In everyday life they should be encourages them to take idea, raise their voices and effort things they never understood were achievable. When community components see girls realize in sport, they often be aware of their potential to complete in other domains. Lastly, sport is a influential tool and stage to build up the women role in society. (Empowering Girls Through Sport)

Sports always generate nation builders. Sports play a major role in numerous females' lives in Muslim countries. The sportsmen and sportswomen are symbols of calm, prosperity and honour of the country. Society cannot accomplish its goals without developing healthy atmosphere for sports activities. Sports presented an marvellous stage for females where they develop their self-assurance and develop their decision-making power, capabilities and management proficiency for their coming up accomplishments (Naseer & Javed , 2016).

FEMALE EMPOWERMENT

Bill & Melinda Gates foundation 2017 define empowerment as the expansion of choice and strengthening of voice through the transformation of power relations so women and girls have more control over their lives and futures.

Empowerment is a method by an individual becomes an instrument of change. Further moving to "can do" factor, going from "I can't" to "I can. It is a process of understanding the capabilities, construct them and modify these abilities into practical form to control the power and to develop the ability of decision making and to transform the actions" (Khan ,2015).

SPORTS

"Sports is a individual capabilities to achieve results by applying physical skill, it is competitive in its organization and nature and accepted as a sport" (Australian Sports Commission)

"A set of rules or customs are followed competitively to get results by physical exertion and skill" (Free Dictionary online)

In recent years, debates on sports have been started in many countries and international bodies. Different fields like governmental and nongovernmental organization have been focusing on empowering female through sports. Many countries set laws to get equal rights of sports for female and girls. Indeed of all such types of activities a female participation is necessary in sports and games. They could easily claim of their rights and opportunities. While public policies and the task of sports organizations gives equal rights of sports to female and discourage gender discrimination against female. The justification for sports is that it various and broad ranging—from its role in personal, health promotion and fitness, and to develop the atmosphere of peace. Sports program capable for preventing from many dangerous diseases like HIV etc sports act as a vehicle for women to ensures their personal and professional development (Brady, 2011).

OBJECTIVES OF THE STUDY

1. To analyze the perceptions of female students and teachers involved in different sports and games activities
2. To measure the relationship between female empowerment and their participation in different sports

HYPOTHESIS

Hypothesis 1: There is no relationship between female empowerment and their participation in sports.

Hypothesis 2: There is a relationship between female empowerment and their participation in Sports.

MATERIAL AND METHOD

Population

The purpose of this study is analyzed the perception female students and teacher involved in sports and games and measure relationship between female empowerment and sports. So the sports students and teachers of public sector universities are selected as a population of the study. The total population of public sector universities of sports students was 187 and 15 teachers.

Sample and Sampling Techniques

Sample is a small part of a large population chosen for study and investigation. The sample of the research was 50 female sports students from university Pir Mehr Ali Shah Arid Agriculture University Rawalpindi, 50 from University Engineering and Technology Taxila and 87 from Fatima Jinnah Women University Rawalpindi were selected from target population. Sampling technique referred to the type of technique that researcher used to collect data. According to the nature of the study multistage random sampling technique was used. From target population, sample was drawn by public sector universities having female sports teachers and students.

Research Design and Instrument

The study is quantitative and descriptive in nature that was designed to know the role of Public sector universities in empowering female students through sports. For reaching at the valid, reliable and appropriate conclusion, a questionnaires and checklist was developed as instrument of the study to collect data. The instrument of the study was developed by review extensive literature, articles and journals. Researcher developed a checklist that's is based on major division of games and questionnaire based on five point Likert scale as tools of

research to collect data. Checklist was filled from director of sports and female sports students. Questionnaire of the study was filled from female sports teachers and students.

Pilot testing validity and reliability

A pilot study was essential stage in the research. It was a small study to test the validity or reliability of instrument. It was conducted to identify potential problem areas and deficiencies in the research instruments prior to implementation of the study. To check the face and content validity of instrument it was given to panel of experts and supervisor. As a result of suggestion some changing were made. Than pilot testing was conducted on forty sports students and five teachers the reliability was measured .725 which shows that the tool used in this research is valid and reliable.

Data collection and analysis

Data was collected from public sector universities of female teachers and students that are involved in sports and games activities. Data was collected in free and comfortable environment, and when some female students were playing some games like badminton, table tennis etc So, that respondent easily respond towards questionnaire and checklist. Data was analyzed by using SPSS. Demographic variables and perception of female teacher and students were analyzed through frequencies and percentage. The relationship between female empowerment and sports were measured through correlation.

Table No 1(part-I). Perception of female students and teachers involved in sports and games

S.No	Statements	R	SA	A	UD	D	SD
1	Sports develop strong decision making power.	T	75%	25%	-	-	-
		S	60%	40%	-	-	-
2	Physical activities and games enable to work individually as well as in group.	T	75%	25%	-	-	-
		S	45%	55%	-	-	-
3	Sports teach teamwork and help to achieve goals.	T	62%	38%	-	-	-
		S	54%	46%	-	-	-
4	Sports and physical activities developed leadership quality	T	63%	37%	-	-	-
		S	60%	40%	-	-	-
5	Cultural norms and values discourage female to participate in sports and physical activities.	T	-	-	-	37%	63%
		S	-	5%	9%	65%	21%
6	Families encourage female to participate in different games and sports.	T	25%	50%	-	25%	-
		S	56%	38%	3%	3%	-
7	Sports allow participation in community activities	T	63%	37%	-	-	-
		S	46%	50%	2%	2%	-
8	Female participate in sports for overall development. i.e. Physical, mental, social, emotional and psychological.	T	75%	25%	-	-	-
		S	49%	46%	5%	-	-
9	Games and physical activities reduce stress and depression.	T	75%	25%	-	-	-
		S	56%	43%	-	1%	-
10.	Sports encourages female for good health and fitness.	T	87%	13%	-	-	-
		S	39%	60%	-	-	-

Table No 1(part-II). Perception of female students and teachers involved in sports and games

S.No	Statements	R	SA	A	UD	D	SD
11.	Sports can give you a sense of security and protection.	T	62%	38%	-	-	-
		S	51%	44%	-	5%	-
12.	Sports build peace and keep from conflict.	T	87%	13%	-	-	-
		S	46%	47%	-	3%	-
13.	Sports reduce the stereotypes and discrimination for female.	T	50%	37%	-	13%	-
		S	37%	52%	-	5%	6%
14.	Sports provide opportunities for achievements to females.	T	37%	62%	-	11%	-
		S	45%	47%	-	5%	3%
15.	Sports enable to effectively manage, time, resources and task.	T	63%	37%	-	-	-
		S	37%	60%	-	3%	-
16.	Sports develop high self-esteem.	T	75%	25%	-	-	-
		S	53%	45%	-	2%	-
17.	Problem solving skills are developed through sports.	T	53%	37%	-	7%	3%
		S	53%	37%	-	7%	3%
18.	It enhances social development by preparing female to cope with competition, winning and losing.	T	63%	37%	-	-	-
		S	75%	25%	-	-	-
19.	Female who involve in sports made good social networking.	T	75%	25%	-	-	-
		S	60%	25%	-	15%	-
20.	Sports promote personal and professional development.	T	87%	13%	-	-	-
		S	70%	24%	-	6%	-

This table indicates the result of teachers and students. in above table T represent teachers and S for students. The results from above table showed that mostly teachers and students were agreed that while playing different sports and games their way of thinking has been changed. They were developed strong decision making quality and leadership quality. It provides opportunities for learning. Sports promote good health and keep away from different diseases. Results from the study shows that sports are agent of change for female for their overall development social, emotional, physical and psychological. It also indicates that some teachers and students were disagreed with some statements. Sports teachers were more agreed that their way of thinking and dealing with world has been changed by participation in sports than students.

Table No. 2: Relationship between female empowerment and sports

Variables		Sports	Female Empowerment
Sports	Pearson Correlation	1	.229*
	Sig. (2- tailed)		.022
	N	100	100
Female Empowerment	Pearson Correlation	.229*	1
	Sig. (2-tailed)	.022	
	N	100	100

The above table shows the relationship between female empowerment and sports. Sports contribute in the empowerment of female students at university level. Sports has a s relation with female empowerment ($r=0.029*p<0.5$) which depicts that there is a positive and significant relationship between female empowerment and sport.

Testing of Hypothesis

Ho: There is no relationship between female empowerment and their participation in sports.

Ha: There is a relationship between female empowerment and their participation in sports.

Pearson correlation ($r=0.029*p<0.5$) which depicts that there is a positive and significant relationship between female empowerment and sports. so it means null hypothesis is rejected and alternative hypothesis is accepted.

DISCUSSION

The present research is based on the role of public sector universities in empowering female students through sports. Questionnaire was developed by extensive reading of literature review articles and research papers. Questionnaire was based on items that changed the perception of female for their empowerment by participating in different sports and games. According to Rawland 2013 if female were empowered they can developed a sense of self and individual confidence and capacity and leads towards the defects of internalized oppression. Due to change in the world in every individual has right to participate in the world for its progress and prosperity. Pakistan is under developing country and it faced many challenges. Gender discrimination and female empowerment is major issue. This issues highlighted day by day and certain steps has been taken in the world for female empowerment. Female empower in different ways by providing educations, jobs, professional and technical qualification and by equal rights and opportunities. Now sports are considered as a effective tool for the empowerment of female and this has been gaining recognition worldwide. Female move towards in sports for their complete growth i.e health, social, demonstrative and spiritual growth

CONCLUSIONS

The finding shows that there is positive relationship between sports and female empowerment. Female exercised and understands their power they can remake the world with their power. Female empowerments can benefit at both level micro and macro level. At micro level they would be work for their better future and at macro level female empower may help to increase the economy of the country by doing some business and jobs. So for the betterment at both levels micro and macro we need to empower female with equal rights, opportunities and by strengthens their power. For this purpose, sports can play vital role in empowering female. By participation in sports female break down gender stereotype and discrimination. Sports enable female to become socially, politically, economically, mentally emotionally and psychological strong and independent and contribute in the progress of society. The result of the study concluded that sports had improved health, positive feeling of wellbeing and had developed strong managerial and self-determination power. Sports also boarding the ways female think. It enables female to bring positive attitude towards life.

RECOMMENDATIONS

1. Government should provide the basic facilities and built different grounds related to games for fruitful results.

2. Sports Director should organize sports events and inter departmental competition to encourage female participate.
3. Universities should provide enough facilities to female to participate in different sports and games.
4. Families, society and communities should give positive attitude to female sports players
5. Director of sports encourage female to participate at national level.
6. Government should provide scholarships and other incentives to female who participate in sports.
7. This study will serve as SWOT analysis at country / national level towards improvement and can make the players productive citizens.
8. This study should give benefits to female players in professional life.
9. Government and non-governmental organization should work collectively to promote female participation in sports.

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