

Perception Of University Students Towards Human Psychological Development Through Sports Participation

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Abstract

The existing study was conducted to evaluate the perception of University students toward human psychological development through sports participation. The foremost objective of this research was to assess the attitude of student-players toward the ultimate impacts of participation in sports from the perspective of human psychological development. The research was conducted on the male & female players of Shah Abdul Latif University Khairpur (SALU) who must have at least participated in the All Pakistan Intervarsity Sports to reach the study's findings. The research was quantitative and the data was collected through a self-administered survey questionnaire. The collected data was analyzed through the SPSS version 22 and the frequency and percentage were computed to scrutinize the data and to reach the findings of the study. Results showed that most of the respondents had positive perceptions of human psychological development through sports participation. Thus, the research's objective was achieved and the set hypotheses proved to be correct. This study recommends creating an effective and attractive environment for teenagers, and youths at Schools colleges, universities, and local and community levels to ensure the maximum possible participation so that the psychological problems be avoided.

Keywords; Students' Perception, Sports-participation, Psychological-development.

Introduction

Sports are essential to the early improvement of kids and youngsters and the skills learned at some point in sports activities make contributions to the holistic improvement because it allows for examining the imperativeness of important standards such as honesty, cooperation, truthful play, their admiration and devotion to the rules. A physical hobby has been lately diagnosed because of the most critical thing in accomplishing the most advantageous functioning. Increased hobby levels were connected with progressed cognitive functioning,

higher mood lower occurrence of intellectual infection, and additionally elevated lifestyles span (Mann, A., & Narula, B. 2017). In the context of sports activities, some folks are detached from sports activities, and people who are pretty participated. Eliminating expert sports activities players, many lay humans nowadays are particularly interested in differing types of sports activities. Some climb, a few run, and a few dance. Some try this occasionally, a few on an ordinary basis (Jular & Kasnakoglu, 2017).

Regular participation in sporting sports is vital for excellent fitness. Active human beings gain from higher tiers of fitness-associated health and are at a decreased threat of growing many exclusive disabling clinical situations than inactive human beings. It is extensively recounted that the fitness advantages of participation in PA aren't restrained to bodily fitness but also comprise intellectual components (US Department of Health and Human Services, 2008, Janssen I, 2007). Extensive studies suggestion of the extent of PA required to provide fitness advantages (Oja, et al., 2010). There are particular fitness-associated suggestions for youngsters and teenagers distinct from the ones for adults. For human beings elderly 5–17 years to adopt mild or full of live sports for as a minimum of 60 mins in keeping with day. Regular preservation of this degree of pastime with the aid of using youngsters and teenagers can bring about expanded bodily health, decreased frame fat, favorable cardiovascular and metabolic ailment threat profiles, greater bone fitness, and decreased signs of despair and anxiety (US Department of Health and Human Services, 2008). Sports facilitate a person much extra than inside the bodily elements alone. It builds character and teaches and develops strategic thinking, analytical thinking, management skills, goal putting, and threat taking, simply to call a few (Ghildiyal, R. 2015).

Psychological development through Sports;

Psychological illness is an actual popular scientific problem. It is needed to symbolize 15% of the global weight of contamination via way of means by 2020, which might make it the primary illness trouble (Biddle and Mutrie, 2008). Self-destruction, misery, nutritional issues, and anxiety are a part of the situations that have an impact on kids in lopsided prices in comparison with severe different population gatherings

(Viner and Booy, 2005). Besides, there's the broad conviction that lively paintings are intrinsically 'useful' for kids regarding fluctuated psychosocial consequences, like self-assurance and mental working. Most of the research around here, be that because it may, are cross-sectional and thusly causality cannot be an installation in mild of the truth that the fleeting connection among openness (real paintings) and the result (emotional health) has now no longer been attempted or displayed with any consistency. Consequently, despite the truth that there's evidence that lively paintings can improve intellectual prosperity, such a result might not be inescapable (Lagerberg, 2005). The effect of real paintings on mental health in children and younger humans has gotten essentially much less attention than in grown-up populaces (Whitelaw, et al., 2010). Where it's been explored the paintings have mainly targeted sadness, anxiousness, and self-assurance. What's more, analysts and instruction specialists are displaying increasing hobby within side the effects of real paintings on highbrow working. Hence, simply as boundaries of the room, our audit is delimited to the consequences of wretchedness, uneasiness, self-assurance, and highbrow working (Biddle and Asari, 2011).

The significance of psychological and social factors in influencing workout and game motivations has already been demonstrated in previous research (Halldorsson, et al., 2012) . Therefore, even for expert gamers, examining sports activities strictly from the perspective of bodily engagement may also lead to an inadequate, if now not incorrect, conclusion n. In addition, rather than being just a physical activity, participating in sports probably qualifies as an entertainment pastime and as any other form of experiential consumption. According to Jular, J., and Kasnakoglu, B. T. (2017), this examines and aims to examine whether and how mental and social motivations are likely to be as important as physical motivations regarding a person's

participation sport to identify individuals' motivations for active participation, mental and sociological debts were created. For instance, Wheeler (2011) has described the effects of the culture of one's own family, illustrating both mental and social issues, while Prchard & Tiggeman (2011) investigated the effects of the framed picture on sports participation.

R. Ghildiyal (2015) says that sports are a way to meet new people. Although everyone who participates in sports has the potential to win, only a select few will ultimately achieve success. I've benefited from sports, and their concepts continue to support me in difficult times. Students learn to focus, solve problems, and remember better when they play sports.

The following can be expanded upon through sports:

1. Team spirit

Despite having hobbies, nonlinearity common goal as a team member is rewarding.

2. Skills for leading

Bring exclusive individuals from all walks of life closer to a common goal or purpose. A truth is that someone who directs others to leadership.

3. Fair play;

Even though winning is important, losing isn't always bad. Being generous and graceful in both victory and defeat.

4. Don't give up

Sports instruct you to never give up. Being persistent is the key to success, and nothing is out of reach. When you give up, you never realize how close you are to happiness.

5. A super leveler

Sport is a great equalizer because you can dance back after losing one day. No loss lasts forever. Even a defeat can teach you new ways to do something or better ways to do it. One should never give up hope because no setback lasts forever.

6. Focus

You learn to be aware of the here and now through sports. The past is meaningless, and the future is unknown.

7. Capabilities and strength

Sport teaches you to focus on your own strengths and abilities rather than on those of your opponents.

8. Process and the outcome

Sport teaches you that the process is more important than the outcome. There will be rapid fulfillment if the system works. John Wooden, a basketball coach, says: Peace of mind is a direct result of self-satisfaction in realizing that you did your best to become the person you can be. Success is peace of mind.

9. Planning

You learn to plan ahead and analyze the consequences of your actions through sports. You need to look into the situation right away, adjust, and act accordingly. Being flexible and no longer delivering a fixed mentality.

10. Sincerity

Sport teaches you to treat every situation with earnestness and sincerity and not to take any situation lightly or act casually.

11. Evaluation and observation

Sports enhance your analytical and observational abilities.

Psychological troubles are of substantial standard well-being importance, influencing, with the aid of using one traditionalist gauge, 15% of the population at some point of any 1 year (Regier, et al.,1978). In 1975, they drove the rundown of foundations for pretty a long term of hospitalization, representing 260 million days, or 30% of the aggregate. That very year, they fee about \$19.three million, around eight percent of all well-being costs. They placed 1/3 because of the justification of Social Security handicap, 9th as a cause for workplace visits to doctors, 9th as a cause for restriction of action, and 10th in lengthy stretches of labor lost (Eisenberg, 1979). It has been asserted that psychological well-being

in each scientific and nonclinical populaces is emphatically prompted with the aid of using energetic paintings. A component of those proposed intellectual benefits is similarly advanced certainty, prosperity, sexual fulfillment, uneasiness decrease, and positive consequences of a discouraging way of thinking and scholarly running (Hughes, 1984). Exercise and real paintings can also additionally help with running on emotional wellbeing or even prevent mental troubles with the aid of using running on fearlessness, self-idea, discernment, or different intellectual factors. In controlled examinations, kids and teens labored on fearlessness after paintings out (Martinek, et al., 1978).

Statement of the problem

The main purpose of this study was to assess the players perception as to know what they think about the ultimate effects of participation in sports on human life from the perspective of psychological development. As per a review of literature this type of research was not conducted before this in the Higher Education Institutions located in Khairpur-Sindh. Thus, because of the growing psychological problems being faced by the majority of the people, this was conducted to fill a little gap in the literature while assessing the students' perception of psychological development through sports.

Objective

To assess the attitude of student-players toward the ultimate benefits of participation in sports from the perspective of human psychological development.

Hypothesis

H1: Student-players possess positive perceptions of human psychological development through sports.

Respondents' demographic statistics

Methods and Material

Research Design

A quantitative study was conducted to assess the perception of the students studying at Shah Abdul University Khairpur Mirs regarding the relationship of sports participation with human psychological development.

The population of the study

The population of the study were the male & female players belonging to different games and represented Shah Abdul Latif University Khairpur in all Pakistan Intervarsity tournaments.

Sampling

The convenience sampling technique was used to access the players through the cooperation of the Sports Section of Shah Abdul Latif University Khairpur.

Sample size

200 players were the sample of the study.

Inclusion and exclusion criteria

The players who have at least participated in all Pakistan intervarsity competitions were part of the research.

Data collection tool

The data was collected through a self-administered survey questionnaire (Sports attitude Scale).

Statistical Analysis;

The frequency, percentage, and graphical presentation have been applied. The data was processed to analyze while going through 22 version of SPSS.

Results

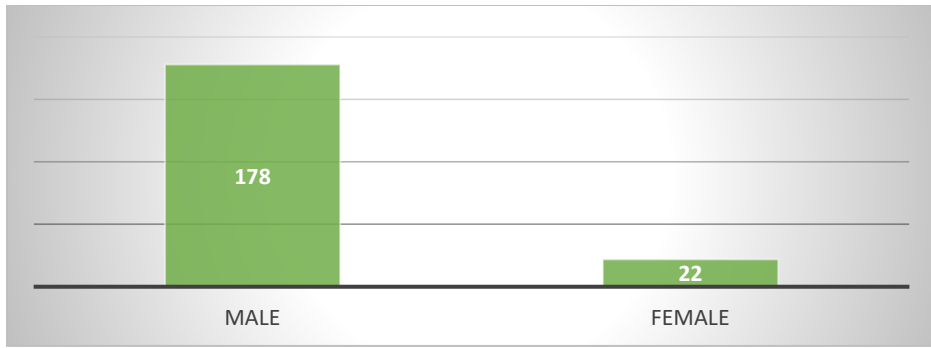


Figure-1.1 The bar chart shows the frequency and percentage of males and females which

shows that the majority of respondents were male.

Respondents' demographic statistics

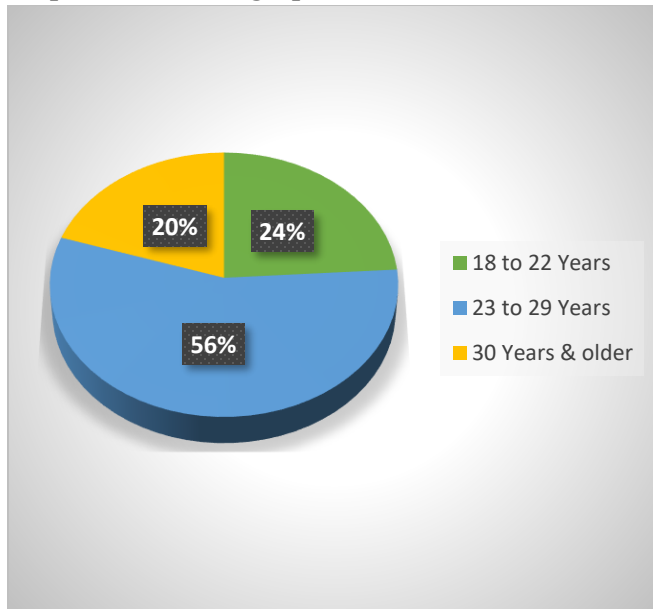


Figure 1.2 Here the percentage of different age groups is shown in the Pi-Chart, where it has been

found that the majority of the respondents were belonging to the age group of 23-29 years.

Table-1.1. Shows the responses of the respondents for sports and the psychological development

Item	Option	Frequency	Percentage
Mental faculties are enhanced through the sports participation	Strongly Agree	78	39.0
	Agree	84	42.0
	Neutral	32	16.0
	Disagree	6	3.0
	Strongly disagree	0	00
Total		100	100.0

Table-1.1 Here the frequency and percentage of the item as shown and determined through the multiple options. The data mentioned, a

maximum number of the participants have opted to agree.

Table-1.2. Show the responses of the respondents for sports and the psychological development

Item	Option	Frequency	Percentage
Participation in sporting activities enhances the positive thinking	Strongly Agree	74	37.0
	Agree	108	54.0
	Neutral	16	8.0
	Disagree	2	1.0
	Strongly disagree	0	0.0
Total		200	100

Table-1.2 Here is the frequency and percentage of the item as shown in the table through options.

The data mentioned shows that the majority of the respondents have opted to agree.

Table-1.3. shows the responses of the respondents to sports and the psychological development

Item	Option	Frequency	Percentage
Sporting activities advance Mental Skills	Strongly Agree	58	29.0
	Agree	88	44.0
	Neutral	32	16.0
	Disagree	20	10.0
	Strongly disagree	2	1.0
Total		200	100.0

Table-1.3 Here is the frequency and percentage of the item as shown in the table, the data

mentioned, maximum number of the participants who have opted to agree.

Table-1.4. shows the responses of the respondents to sports and the psychological development

Item	Option	Frequency	Percentage
Participation in Sports develops critical thoughts	Strongly Agree	46	23.0
	Agree	70	35.0
	Neutral	58	29.0
	Disagree	22	11.0
	Strongly disagree	4	2.0
Total		200	100.0

Table-1.4 Here is the frequency and percentage of the item as shown in the table, The data

mentioned, shows that the majority of the respondents have opted to agree.

Table-1.5. shows the responses of the respondents to sports and the psychological development

Item	Option	Frequency	Percentage
Participation contributes to making the mood better	Strongly Agree	74	37.0
	Agree	84	42.0
	Neutral	32	16.0
	Disagree	8	4.0
	Strongly disagree	2	1.0
Total		200	100.0

Table-1.5 Here is the frequency and percentage of the item as shown in the table, The data

mentioned in the table shows that the majority of the respondents have opted to agree

Table-1.6. shows the responses of the respondents to sports and the psychological development

Item	Option	Frequency	Percentage
Participation in Sports promotes the level of concentration	Strongly Agree	78	39.0
	Agree	98	49.0
	Neutral	20	10.0
	Disagree	2	1.0
	Strongly disagree	2	1.0
Total		200	100.0

Table-1.6 Here the frequency and percentage of the item as shown in the table, as the data

mentioned, shows that the majority of the respondents have opted to agree

Table-1.7. shows the responses of the respondents to sports and the psychological development

Item	Option	Frequency	Percentage
Participation in Sports minimizes stress and depression levels	Strongly Agree	90	45.0
	Agree	82	41.0
	Neutral	24	12.0
	Disagree	2	1.0
	Strongly disagree	2	1.0
Total		200	100.0

Table-1.7 Here the frequency and percentage of the item as shown in the table and as the data

mentioned, show that the majority of the respondents have opted for Strongly-agree

Table-1.8. shows the responses of the respondents to sports and the psychological development

Item	Option	Frequency	Percentage
Participation in Sports increases sleep routines	Strongly Agree	70	35.0
	Agree	70	35.0
	Neutral	42	21.0

	Disagree	14	7.0
	Strongly disagree	4	2.0
Total		200	100.0

In table-1.8 Here the frequency and percentage of the item as shown in the table as the data mentioned shows that the majority of the

respondents have opted equally for both Strongly-agree and agree

Table-1.9. shows the responses of the respondents to sports and the psychological development

Item	Option	Frequency	Percentage
Participation in sports increases self-reliance	Strongly Agree	68	34.0
	Agree	100	50.0
	Neutral	26	13.0
	Disagree	6	3.0
	Strongly disagree	0	0.0
Total		200	100.0

Table-1.9 Here the frequency and percentage of the item as shown in the table as the data

mentioned shows that the majority of the respondents have opted to agree

Table-1.10. shows the responses of the respondents for sports and the psychological development

Item	Option	Frequency	Percentage
Participation in sports advances leadership and management skills	Strongly Agree	60	30.0
	Agree	86	43.0
	Neutral	44	22.0
	Disagree	6	3.0
	Strongly disagree	4	2.0
Total		200	100.0

Table-1.10. Here the frequency and percentage of the item as shown, as the data mentioned, shows

that the maximum number of the participants have opted to agree.

Table-1.11. shows the responses of the respondents for sports and the psychological development

Item	Option	Frequency	Percentage
Sometimes I realize that people are laughing at me while I am in the play	Strongly Agree	20	10.0
	Agree	60	30.0
	Neutral	62	31.0
	Disagree	38	19.0
	Strongly disagree	20	10.0
Total		200	100.0

Table-1.11 Here is the frequency and percentage of the item as shown in the table the data mentioned in the table show that the majority of the respondents have opted for neutral.

Discussion;

The absence of disease, good physical and mental health, and social commitment—especially through team sports or group activities—are all necessary for healthy aging (McPhee et al.), 2016). If exercise and training are planned and carried out with consideration for the individual's capacities, social situation, and biological and psychological maturation, sports can help children and adolescents develop physically and mentally as well as contribute to health benefits. Sports-related injuries and health issues are especially important to avoid in children and adolescents because many of them are likely to last into adulthood, sometimes for life. While participating in a variety of sports is not required, it is highly recommended that you engage in comprehensive training. Diverse training is required across all sports and clubs. According to Howie et al.'s research, participating in multiple sports simultaneously during childhood and adolescence is most beneficial for healthy participation throughout one's life.2016). Adults who stop playing sports get less exercise and face the same health risks as people who never played sports or exercised (Blair, et al.1995). In addition, participants have the opportunity to establish new social circles, establish social norms, and become a part of a community. Sport participation has been shown to provide individuals with a sense of meaning, identity, and belonging in both healthy individuals and mental health patients (Soundy, et al.,2017).

There had been little qualitative research, and comparable fitness blessings of participation in recreation had been additionally pronounced within the quantitative research. Some research additionally supplied more intensity than changes captured within the different research revised.

Discussions based on interviews with guardians, parents, and youngsters extracted a huge variety of developmental blessings, each personal and social blessing. Psychological components of emotional manipulation and exploration had been reportedly associated with recreation partaking. Additionally, the social blessings of relations with coaches, and buddies had been pronounced in lots of different research (Holt et al., 2011). The research of fitness blessings via participation in bodily pastimes in particularly worried surveys carried out via schools. In most instances, the scholars had been now no longer allotted to a participating organization previous to the research, and likewise, there had been no manipulating clusters. So this limits the potential for characteristic connection of involvement in fitness consequences. Recreation partaking is encouraged as a shape of entertainment time bodily pastime for youngsters and teenagers, a good way to now no longer best enhance bodily fitness concerning such topics because of the weight problems crisis, but additionally to decorate psychological and communal fitness consequences. It is likewise advocated that the fundamental hyperlink between partaking in recreation and psychosocial fitness be in addition explored and the theoretical version of Well-being via Sport experienced (Eime, et al., 2013). Sport's main purposes are to promote physical activity and improve motor skills for health performance and psychosocial development (Holt, et al., 2017).

Findings of the study;

As per the analysis of the data and consequent results regarding the Perception of University Students towards human Psychological development through Sports participation as ensured at SALU, it has been assessed that there is a positive approach of University players towards human psychological development through sports. Hence, the objective was achieved and the hypothesis came true.

Recommendations and future directions;

1. The findings of this research can be applied to teenagers, youths, and people of all ages with a strong recommendation to participate in sporting activities with enthusiasm to avoid having psychological problems faced, which we may have at any stage of life.
2. The findings of this research are recommended as guidance for the parents' guardians, family, teachers, and administrators to ensure the sporting and physical activities of their children, students, and employees respectively.
3. The current study also recommends facilitating the students in schools, colleges, and Universities and the general public at the local level with sports infrastructure and to organize awareness programs so that the maximum number of people may participate in the activities.

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