



THE WORKING AND MIDDLE CLASS DISPARITIES IN SPORTS PARTICIPATION AMONG GIRLS STUDENTS OF HYDERABAD DISTRICT

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ABSTRACT: The present study is designed to examine social class differences in sport participations among girl students of Hyderabad District. It is assumed that working class girls will have greater participation in college competitive sports than the middle class girls do. A total of 120 participants were randomly selected from different colleges of Hyderabad District Sindh, consisting of sport participants and non-participants of college-girl students. The instruments that have been applied in the present study are personal information questionnaire, self-esteem questionnaire, adjective checklist, attitude towards out-door games and college principal information questionnaire. Different statistical procedures (e.g., reliability Co-efficient, test, etc.) were applied to analyze the data by using Statistical package for Social Science (SPSS)

The main objective of this study was to investigate the social class difference in the sport participants among female students in Hyderabad District Sindh, to provide mass awareness of sports and healthful activities to them and focus the attention of female students of Hyderabad District towards physical education and sports. The main colleges of the Hyderabad District were selected for the present study. The focus of the study was to undertake research on middle and working class participants. In this context other related factors such as social status, time spent by female students in sports, their problems like ethnic, societal and parental attitudes towards female sports are identified. The basic purpose of the study was also to survey sports facilities available in girls' college, realizing the social class belongingness of sports participants, to measure self-esteem and self-adequacy of the female college students and to measure the attitude of people towards female sports. It also explores dominant factor that play a vital role in the development of attitudes of the youth that helped significantly in promoting the process of national integration.

In view of the changing trends in respect of modernizing physical education, the present study is an attempt to 'divert the attention of the society towards female participation in sports and to give physical education a professional meaning for the integration and total development of girl's personality; and to confirm whether female participants having social class difference have significant effect on their perception and self-esteem scores.

Many parents feel that the impact of sports activities would negatively affect their body



features. In our tradition bound society, number of widely held beliefs, though significantly inaccurate, this may be one of the-reasons for parents to discourage their daughters to participate in sports. Due to inadequate knowledge of physical education and sports, it is believed that girls participation in competitive sports is physically dangerous, as they may eventually lose their femininity and harm delicate female reproductive system.

This study has also dealt with to analyze the perceptions of female participants about being more affectionate, smart, physicality and socially strong and adjustable in tackling the affairs of the society in terms of understanding, predicting, communicating and controlling individuals. Further, to investigate whether female sport participants have better capacity to cope up with the pressure of competition, crowd and its behavior, importance of winning, influence of coach, parents, friends, and observe the societal attitude 'with confidence to make them responsible citizens.

Keywords: *Working and Middle Class, Disparities, Sports Participation;*

1. INTRODUCTION

Physical Education is assuming a greater role in the social system of the nations all over the world. Its importance has been widely accepted as it inculcates responsibility and leadership quantities among youth in a democratic society. Sport psychology is young but fast developing discipline [1-2]. Recently, Cox (2000) in his article in the Encyclopedia of Psychology viewed sport and exercise as a vehicle for human enrichment [3]. It is argued that one can investigate various trends of Physical Education that contribute their resources to the maximum in helping an individual to achieve a fuller growth and desired performance in physical activity. It also explores dominant factors that play a vital role in the development of attitudes of the youth that help for the promotion of national integration [4-15].

In view of the changing trends in respect of modernizing Physical Education the present study is an attempt to divert the attention of society towards female sport participation, as it exists in different colleges in Sindh to give Physical Education a professional meaning for the integration and total development of girl's personality. In Pakistani society, social class differences exist in sports participation among girls' college students. The question arises as to why females belonging to upper-middle and upper categories do not take much interest in college sports. It may be due to non-availability of wide ranging sport materials in schools and colleges, which might suit them. The students of those social classes being financially sound could have other entertainments and recreations to keep them busy. They might also think that the impact of sport activities would negatively affect their body features [16-22].

The present study was, therefore, designed to examine social class differences in sport participation among girl college students of District Hyderabad. Social Class designate to group of populace who share an economic status in community based on an amalgamation of their



earnings, wealth, education, profession, and societal links. People in a specific social group also share parallel life opportunities that they share possibility to achieve monetary achievement and get economic supremacy. Social classes are present in each industrial society, since there are economic disparity and discrimination in life opportunities among public in those communities. Masses from inferior social class surroundings have less opportunity to accomplish economic achievement and get economic supremacy than people from superior social classes. Kids born into well-off, influential, and well-connected family background have greater prospects to become affluent, influential, and well-connected grown-ups than are kids born in poverty-stricken families who are deficient in power and social systems linking them with educational and career chances. Considering the sports values and attitude through this research the social class differentiation based on the sports participation as obtained as per their family background information (collected from sport participants) Their Socio-economic status for example; parent occupation, family structures (joint nuclear) hobbies, personal interest, parent's education, residential area and maternal attitude toward sports. Earlier no attempt has been made to study such a problem Pakistan [23-30].

In a traditional society, there are a various commonly held beliefs, however scientifically incorrect, which might persuade parents to dispirit their daughters to take part in sport. Though, the fact keep on the societal beliefs make the job of coaches pretty hard. Mass media ought to emphasize the optimistic outcomes of girls sport involvement. Few commonly held beliefs are:

- participation of girls in competitive sports is physically unsafe
- Fragile female reproductive system will harmed due to vigorous physical activity
- Sportswomen are genetically and physically fragile
- Religion prohibits a Muslim Girl to take part in competitive sports
- Female taking part in competitive sports sooner or later lose their femaleness
- Young women are too gentle to become athletes
- Females should be familiarized toward the conventional role of becoming house makers.

2. PURPOSE OF THE STUDY

- To explore the ideal personality traits of college students (Item- level analysis).
- To identify social class belongingness of sport participants in girls colleges of the Hyderabad District.
- To measure self-esteem and self-adequacy of the female college students.
- To measure the attitudes of people towards female athletes.
- To survey sport facilities available in various girls' colleges of Hyderabad District.



3. METHODOLOGY:

3.1 SAMPLE:

The sample studied in the study was 120 female college sport participants selected randomly from various colleges of Hyderabad District of Sindh Province belonging to working class as well as middle class families. The mean age of sport participants is 19.8 and the range is 17 to 20 years.

The respondents were female undergraduates Social class belongingness was identified through background information collected from research participants consistent with their socio-economic status (For example, parent's occupation, family structure (joint/nuclear), hobbies, personal interest, parent's education, residential area, monthly income,) etc.

3.2 QUESTIONNAIRES

Following questionnaires were used to collect the data:

- a. Personal Information Questionnaire (PIQ)
- b. Adjective Check List (ACL)
- c. Self-Evaluation or Personality Assessment Questionnaire (SE or PAQ)
- d. Outdoor Games Attitude Questionnaire (AQ)

3.2.1 Personal Information Questionnaire (PIQ)

PIQ measure the background characteristics of sports participants such as age, education, socio-economic status, and place of birth.

3.2.2 Adjective Check List (ACL)

In the present study 60 relevant adjectives were selected from a previous study by Dr. Nagina's (1999) most frequently used as a personality assessment instrument 'with person checking those adjectives, which they consider to be self-descriptive. Respondents from middle class and working class were asked to check the relevant adjectives.

3.2.3 Self-Evaluation or Personality Assessment Questionnaire

Self-Evaluation Questionnaire measures the Self-adequacy and Self-esteem of the respondents. Self-esteem is an emotional evaluation of oneself in terms of worth. Positive feelings of Self-esteem imply that an individual likes or accepts himself [24]

Self-adequacy is one's competence to perform daily tasks adequately



3.2.4 Out-door Games Attitude Questionnaire

Based on Prof. Haque's (1982) gender stereotypes study and consistent with over statement of the problem an indigenous out-door games developed the researcher consisting of items [12]. Both favorable and unfavorable statements regarding attitude object were phrased. Items are simple and easy to understand. Scoring of the attitude questionnaire was done on a 5-point scale ranging from strongly agree to strongly disagree. Strongly agree was assigned a score of 5 and strongly disagree a score of 1. Some items are reversed scored.

4. RESULTS

During survey of 10 Degree Colleges of Hyderabad District it was found that from 10 colleges only a few colleges have sports facilities, rest of them have insufficient equipments available in colleges, without having any playground. 120 sport participants were selected 60 each from middle and working class group. They expressed their views regarding participation on sports through item level analysis on adjective checklist. In item level analysis we have taken up the data of 60 individual items. Those responses which got 50% or more endorsements from the Middle as well as Working Class sport participants. The personal qualities of college student were indicated through adjective checklist (ACL).

During survey it was found that due to non-availability of sports facilities in the colleges, students avoid to take part in sport activities. In some cases subject teacher do not encourage their student towards sports.

However, during my visit to Principal and Director Sport of various Colleges they co-operated a lot. They asked the girls to remain available for interview and filing the different questionnaires. It is difficult to comprehend the result in the form of scattered data, it is therefore necessary to summarize the row scores of the respondents in the terms of percentages, means, standard deviation, and other statically analysis. The result of the Hyderabad District in terms of background characteristics ideal personality characteristics through Adjective Check List, Self Evaluation Questionnaire, and out-door games attitude questionnaire were filled-in by the students. Before interview proper demonstration was given to the students to obtain the results correctly. The percentages mean, and other statistical data was calculated. The results are as under:-



Table 1
Demographic Characteristics of Sport participants of
Hyderabad District Female students (120)

Background Characteristics	Middle Class (N=60)		Working Class (N=60)	
	F	%	F	%
1 Education				
First year	17	28.33	24	40
Second year	7	11.67	13	21.67
B.A/B.Sc	36	60	23	38.33
Total	60	100	60	100
2 Place of Birth				
Rural	10	16.67	4	6.67
Urban	50	83.33	56	93.33
Total	60	100	60	100
3 Participation from academic class				
VIII-Matric	23	38.33	24	40
Intermediate	12	20	4	6.67
B.A / B.Sc	25	41.67	32	53.33
Total	60	100	60	100
4 Encouragement				
Yes	32	53.33	36	60
No	28	46.67	24	40

1. From finally background characteristics of 120 sports participants of middle and working class group (M=60 and W=60) it has found that education wise in the middle class 28.33% from 1st year, 11.67% from 2nd year and 60% from B.A / B.Sc. students are involved in sports, while in working class 40% from 1st year 21.67% 2nd year, and 38.33% B.A / B.Sc. student showed their interest in sports activities. During survey of different colleges it is observed that due to financial crises of working class families they could not send their daughter for Higher Education, therefore the ratio of the participation at B.A/B.Sc. level is less than middle class participants.
2. In rural areas of Hyderabad District 16.67% girls belong to middle class are interested to take part in sports whereas in urban area 83.33% girls are taking part in sport. As far as working class is concerned only 6.67% are interested in sport in rural areas whereas 93.33% are taking part in sport activities in urban areas of Hyderabad District.
3. In group A, 38.33% girls are taking part in sports activities from school, 20% are involved in sports activities from intermediate (First & Second year) and 41.67% showed their interest from B.A./B.Sc. level. Whereas in Group B, 40% are involved in sports from school and 6.67% are involved in sports activities from Intermediate and 53.33% students from B.A/B.Sc level showed their interest in sports.



4. 53.33% of Middle class families are encouraging their daughters whereas 46.67% families are not encouraging their daughters for sport activities. In working class 60% families encouraged their daughters towards sports and 40% are not encouraging towards sports activities.

Table 2: 50% or More Endorsements of the Middle and Working class female college students on Adjective Check List of Hyderabad District Female students (120)

Sr. No.	Adjective	Middle Class				Working Class				t-test
		N=60				N=60				
		F	%	X	SD	F	%	X	SD	
1	Adaptable	54	90	0.90	0.30	59	98.3	0.98	0.13	0.02
2	Affectionate	56	93.3	0.93	0.25	58	96.7	0.97	0.18	0.42
3	Ambitious	56	93.3	0.93	0.25	56	93.3	0.93	0.25	1.00
4	Attractive	44	73.3	0.73	0.45	53	88.3	0.88	0.32	0.00
5	Autocratic	56	70	0.70	0.46	45	75	0.75	0.44	0.08
6	Active	28	46.7	0.47	0.50	38	63.3	0.63	0.49	0.00
7	Attention	54	90	0.90	0.30	53	88.3	0.88	0.32	0.78
8	Capable	50	83.3	0.83	0.38	55	81.7	0.92	0.28	0.20
9	Cautious	52	86.7	0.87	0.34	51	85	0.85	0.36	0.78
10	Civilized	52	86.7	0.87	0.34	53	88.3	0.88	0.32	0.57
11	Confident	51	85	0.85	0.36	57	95	0.95	0.22	0.01
12	Conscientious	52	86.7	0.87	0.34	54	90	0.90	0.30	0.16
13	Cool	50	83.3	0.83	0.38	58	96.7	0.97	0.18	0.00
14	Co-operative	56	93.3	0.93	0.25	60	100	1.00	0.00	0.04
15	Daring	52	86.7	0.87	0.34	54	90	0.90	0.30	0.16
16	Demanding	34	56.7	0.57	0.50	35	58.3	0.58	0.50	0.84
17	Dependable	52	86.7	0.87	0.34	53	88.3	0.88	0.32	0.80
18	Determined	56	93.3	0.93	0.25	56	93.3	0.93	0.25	1.00
19	Emotional	47	78.3	0.78	0.50	21	35	0.35	0.48	0.01
20	Energetic	54	90	0.90	0.30	51	85	0.85	0.36	0.44
21	Enterprising	54	90	0.90	0.30	57	95	0.95	0.22	0.32
22	Enthusiastic	52	86.7	0.87	0.34	51	85	0.85	0.36	0.81
23	Foresighted	34	56.7	0.57	0.48	55	91.7	0.92	0.45	0.45
24	Forgiving	57	95	0.95	0.22	59	98.3	0.98	0.13	0.16
25	Friendly	55	91.7	0.92	0.28	57	95	0.95	0.22	0.42
26	Generous	47	78.3	0.78	0.42	54	90	0.90	0.30	0.01
27	Gentle	56	93.3	0.93	0.25	58	96.7	0.97	0.18	0.42
28	Helpful	56	93.3	0.93	0.25	57	95	0.95	0.22	0.71
29	Honest	56	93.3	0.93	0.25	58	96.7	0.97	0.18	0.32
30	Homely	56	93.3	0.93	0.25	54	90	0.90	0.30	0.16
31	Hopeful	54	90	0.90	0.30	57	95	0.95	0.22	0.08
32	Industrious	59	9.3	98.3	0.13	58	96.7	0.97	0.18	0.57
33	Intelligent	57	95	0.95	0.22	59	98.3	0.98	0.13	0.16
34	Initiative	42	70	0.70	0.46	45	75	0.75	0.44	0.08
35	Jolly	55	91.7	0.92	0.28	52	86.7	0.87	0.34	0.41
36	Kind	57	95	0.95	0.22	59	98.3	0.98	0.13	0.32
37	Mannerly	55	91.7	0.92	0.28	59	98.3	0.98	0.13	0.10
38	Mature	42	70	0.70	0.46	54	90	0.90	0.30	0.00
39	Mild	54	90	0.90	0.30	60	100	1.00	0.00	0.01
40	Patient	57	95	0.95	0.22	57	95	0.95	0.22	1.00
41	Peaceable	57	95	0.95	0.22	57	95	0.95	0.22	1.00
42	Persistent	58	96.7	0.97	0.18	50	83.3	0.83	0.38	0.00
43	Polished	46	76.7	0.77	0.43	49	81.7	0.82	0.39	0.08
44	Practical	51	85	0.85	0.36	54	90	0.90	0.30	0.41
45	Playful	58	96.7	0.97	0.18	49	81.7	0.82	0.39	0.00
46	Planful	38	63.3	0.63	0.49	44	73.3	0.73	0.45	0.11
47	Quick	45	75	0.75	0.44	55	91.7	0.92	0.28	0.02
48	Responsible	56	93.3	0.93	0.25	55	91.7	0.92	0.28	0.74
49	Smart	47	78.3	0.78	0.42	58	96.7	0.97	0.18	0.00
50	Sportive	54	90	0.90	0.30	54	90	0.90	0.30	1.00
51	Self-Confident	58	96.7	0.97	0.18	54	90	0.90	0.30	0.16
52	Self-Controlled	55	91.7	0.92	0.28	58	96.7	0.97	0.18	0.26
53	Simple	55	91.7	0.92	0.28	54	90	0.90	0.30	0.77
54	Sincere	57	95	0.95	0.22	56	93.3	0.93	0.25	0.71
55	Stable	47	78.3	0.78	0.42	59	98.3	0.98	0.13	0.00
56	Submissive	57	95	0.95	0.22	59	98.3	0.98	0.13	0.32
57	Sympathetic	55	91.7	0.92	0.28	54	90	0.90	0.30	0.77
58	Straight Forward	56	93.3	0.93	0.25	54	90	0.90	0.30	0.42
59	Strong	54	90	0.90	0.30	54	90	0.90	0.30	1.00
60	Un-Excitable	31	51.7	0.52	0.50	45	0.75	0.75	0.44	0.00



Table-2 shows that on adjective checklist the responses of Middle Class & Working Class sport participants of Hyderabad District are associated on traits Adaptable, Affectionate, Capable, Cautious, Civilized, Co-Operative, and Daring etc on adjectives emotional, foresighted, Patient, Polished, Sportive, Simple, Stable, Strong, both groups have different opinion. On adjectives Generous, Helpful, Active, Mature, Both groups have opposite responses. The above mentioned analysis will provide the meaningful basis of comparison between Middle & Working Class sport participants which will be helpful to the Coaches and Instructors of Sports during coaching and training camp to train the athletes according to their psychological perceptions which indicate their ideal self and self-concepts.

Table 3
Self-Evaluation of Sport Participants
Hyderabad District Female students (120)

Middle class N=60		Working class N=60		t	p
X	SD	X	SD		
40.2	10.22	37.2	11.70	3.07	.001

Table 4
Sport Participants Attitude on Outdoor Games
Hyderabad District Female students (120)

Middle N=60		Working N=60		t	p
X	SD	X	SD		
35.38	14.47	33.63	14.01	4.13	.001

5. DISCUSSION

The present study has been designed to examine the social class differences in sports participation among female students in Hyderabad District. While investigating and personal visits of the colleges of Hyderabad District, it was found that in the opinion of the most of the students belonging to middle and working class families, feel that due to non-availability of adequate sports facilities in the colleges, their parents are reluctant to allow them to take part in sports :activities as they feel that participation in sports without having proper facilities and arrangement of coaching to the players is just simply to waste time, if Principals .and sports teachers attempt effectively to motivate and assure parents to look after properly and provide safety measures during sports competitions, along with adequate sports material and training. Then, they will have no excuse and encourage girls towards sports competitions. Further



expressed that one of the reasons of poor participation in sports is that no specific time or separate period has been allocated for healthy activities. The participants rightly pointed out to great extent, that in order to inculcate sense of responsibility among youth to make them responsible citizen, physical education/be introduced as regular discipline as one the major courses in schools, colleges.

It was also found through various surveys and discussions that college management encourage and should take responsibility for better education along with sports activities and provide appropriate incentive through Health & Physical Education to develop healthy body with sound mind as society as a whole needs it badly to compete with civilized nations.

Further, it was observed that middle class comparatively being financially in sound position have other entertainments such as computer TV and etc to keep themselves busy and not take part in sports activities as they give priority to other recreational activities than participation in sports. On other hand working class students feel that to participate in sports activities is the only recreations for them to cope up with family home stresses and to utilize effectively the time available alter academics. While interviewing sports participants belonging to working class families; they admitted that participation in sports provide them pleasure, award, honor along with physical and mental relaxations as luxurious facilities of computers, internet, cable system is not available at their homes due to paucity of family caring.

6 CONCLUSION

On the basis of the findings it is found that the sport participants belonging to working class families are hardworking, industrious, Strong and determined as compared to middle class sport participants. Both groups need attention of parents and the authorities towards sports activities, need adequate sports facilities and incentive from parents and their institutions on their achievements during competitions. The sense of realization and responses on given adjectives to the respondents of the middle and working class sport participants are more or less similar; therefore it was assessed that social class differences do not make any considerable obstacle on their perceptions as expressed by participants through adjective checklist. Thus, it confirms that the female college students irrespective of social class belongingness tend to perceive greater amount of ideal characteristics in the ideal self.

It was also observed that the self-esteem and self-adequacy of sport participant middle and working class, and non-sport participants of both classes, assessed through personality assessment questionnaire, found that the responses of the respondents visibly expressed the qualitative differences. The significant differences in the results confirmed the hypotheses than the self-esteem scores of the middle as well as working class sport participants are higher as compared to non-participants.



Further, it was analyzed that the sport participants are more affectionate, smart, and socially strong in tackling the affairs of the society and possess comparatively better societal understanding. Predicting, communicating and controlling individual as well as collective behaviour of man and woman of the society as compared to non-sport participants. The study clearly shows that sport participants have comparatively better capacity to cope up with of the pressure of competition, crowd and its behavior, importance of winning, influence of parents, coach, and friends and observe the societal attitude deeply with confidence. While examining the perceptions on adjective checklist it was found that sport participants are more confident, attractive, experienced, and determined to work actively to promote socio-cultural environmental conditions in modernizing the Pakistani society to compete globally. The study confirmed the hypotheses that sport participants as compared to non-participants irrespective of social class belongingness will pick up psychological characteristics reflecting modern outlook of Pakistani society.

It was revealed that the attitude towards outdoor games among the families of sport participants of middle and working class is more progressive than the non-participants as the thinking approach of non-participants is very conservative based on old weak traditions and fake beliefs regarding female participations in sports, they feel that the upbringing of girls is more likely to develop those characteristics traditionally associated with femininity such as supportiveness, kindness, responsiveness, and caring; the girls be oriented towards the traditional role of becoming housewife and good mother rather than good athlete. The non-sport participants do not realize and have the knowledge that to be a good athlete the girl has to go through hard and difficult process, and eventually become helpful in handling the family affairs efficiently i.e. determination, regularity, self-control, perfection, confidence, sincerity and Edibility and I believe that all these characteristics are also essential for a girl to get experience and orientation to become role model as a housewife and a good mother through active participation in sports; In analyzing the difference of opinion on outdoor games attitude questionnaire of sport participants and non-sport participant of middle and working class groups, the significant difference was found to confirm the hypotheses that attitude towards outdoor games among sport participants of middle and working class families are more progressive than the non-participants.

Thus, girl participants belonging to any class have desire and will to engage themselves in healthy sporting activities and need parental-societal encouragement and incentive to make themselves responsible citizens of the civilized democratic society, and play active role in nation building process.



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