ISSN (Print): xxxx-xxxx ISSN (Online): xxxx-xxxx

JOURNAL OF SOCIAL SCIENCES DEVELOPMENT

www.jssd.org.pk editor@jssd.org.pk

BARRIERS TO PARTICIPATION IN LEISURE SPORTS: THE COMPARATIVE ANALYSIS BETWEEN RURAL AND URBAN YOUTH

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KEYWORDS

Barriers, Leisure Sports, College Students, Rural & Urban Students, Youths

ABSTRACT

The participation in various forms of recreation and physical activities has a positive impact on individual's health and health status. Research purpose was to look for perceived barriers to participation in leisure sport. Quantitative method was used in order to carry out study. Study's subjects were college-level students and teachers. Researcher found it extremely challenging to get in touch with every student and teacher in every college (eight colleges). To get around this challenge, researcher chose two colleges to collect the data. The sample of study was 200 students. Simple random sampling was used for purpose of sampling. These findings offer pertinent data for Dera Ismail Khan Intervention programs aimed at promoting community health as well as planning and executing sports and recreation services. It was determined that obstacles in leisure sports are time constraints, lack of equipment, a lack of ground, and lack of courts. Researcher concluded that fewer chances of popularity, lack of peers, lack of confidence, injuries fear, academic fatigue, and due to sectarian problems are the barriers that youth face during sports participation. Parents and college authorities should provide appropriate environment for leisure sports.

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DOI https://doi.org/10.53664/JSSD/01-02-2022-06-162-177

INTRODUCTION

Leisure activity participation has been found as a feature that encourages community involvement and also improves the quality of life. The recent research is focused upon the connection between leisure and depression, stressed the value of leisure for mental health, and examined the possible effects of the digital age upon our mental health (Ahmad, Thorpe, Richards & Marfell, 2020). This year, I wanted to draw attention to a recent study upon the community recreation's critical function in mental health rehabilitation that was written by a group of Canadian academics (Fenton, White, Gallant, Hutchinson & Hamilton, 2016). Furthermore, shows taking part into recreational sports

activities and their settings in community is frequently a neglected and underappreciated way to help in rehabilitation mental health. Boardman (2011) people with mental health problems often experience social exclusion in many diverse ways and manners, like being barred from employment, transportation, and other services, as well as from social relationships or social interaction (such as isolated networks) and political participation (such as having a voice). In this connection, research into how community recreation can foster social inclusion contributes significantly to the recovery of mental health.

LITERATURE REVIEW

It's vital to draw attention to some aspects of the mental illness recovery that are prevalent before talking about function of community recreation in social inclusion and mental health restoration. In their 2005 assessment of literature on recovery, Davidson, Connell, Tondora, Lawless, and Evans (2005), identified a number of features that were shared by all the studies: Self-reinvention that helps one to see mental illness as only one part of complex life Embracing the limitations imposed by one's illness but also becoming aware of the opportunities that may be used to achieve a range of goals is necessary for integrating sickness (Fenton, White, Gallant, Hutchinson & Hamilton, 2016). Pursuing meaningful endeavors of one's choosing and receiving support and appreciation from others for their accomplishments, whether from family, friends or coworkers. In order to combat stigma, people usually need to be strong in face of social repercussions and societal stigma linked with mental illness (Ahmad, Thorpe, Richards & Marfell, 2020). It is vital to actively participate in one's therapy and make choices that support symptom management, especially in hard situations or following setbacks.

Davidson, Connell, Tondora, Lawless and Evans (2005) definition of recovery as "the redefinition of one's illness as only one aspect of multidimensional sense of self capable of identifying, choosing, and pursuing personally meaningful goals and aspirations despite continuing to experience the effects and side effects of mental illness" summarizes key elements. As an "experience that emerges from freely chosen engagement in physical, social, intellectual, artistic, and spiritual endeavors that increase individual and community wellness," recreation can be characterized (Interprovincial Sport and Recreation Council and Canadian Parks and Recreation Association, 2015: 4). When it comes to some of the components of healing, what leisure is and encompasses may benefit people with mental disorders greatly (Ahmad, Thorpe, Richards & Marfell, 2020). First, as leisure includes choice, it allows people to take charge of their lives and select worthwhile activities that could aid in adjusting to sickness and in redefining who they are. In this connection, the sports participation is significant in providing the physical and mental developmental opportunities to the students in different contexts.

According to Iwasaki, Shank, Messina, Porter and Koons (2014), recreational activities may provide patients a valuable identity, such as that of a volunteer, musician, or quilter, which enables them to identify and set themselves away from their disease. In accordance with research that is currently available, community recreation offers a chance for social engagement where persons with mental illness may enhance their social skills, broaden their social and support networks, and feel included and connected (Fenton, White, Gallant, Hutchinson & Lauckner, 2017). The recent research is

focused upon connection between leisure and depression, stressed the value of leisure for mental health, and examined the possible effects of digital age upon our mental health (Ahmad, Thorpe, Richards & Marfell, 2020). In consideration of the study's justification, the researcher chose to carry out the investigation under the "Perceived barriers to participation in leisure sports: a comparative analysis between rural and urban youths of District Dera Ismail Khan at the college level. Therefore, this study aimed to examine the most crucial issues that are considered as important barriers in the development of sports.

Research Objectives

1. To evaluate the perceived barriers to participation in leisure sports in rural area of District Dera Ismail Khan at college level.
2. To assess the perceived barriers to participation in leisure sports in urban area of District Dera Ismail Khan at college level.
3. To compare the perceived barriers to participation in leisure sports of rural and urban area of district Dera Ismail Khan at college level.

Research Questions

RQ.1: What are the perceived barriers to participation in leisure sports in rural area of District Dera Ismail Khan at the college level?

RQ.2: What are the perceived barriers to participation in leisure sports in urban area of District Dera Ismail Khan at the college level?

RQ.3: What are differences between perceived barriers to participation in leisure sports in rural and urban areas of District D. I. Khan at college level?

RESEARCH METHODOLOGY

The quantitative method was used in order to carry out the study. All the college-level students and teachers at college level in rural and urban areas of the district Dera Ismail khan was the population of the study. There were total of 8-degree colleges in rural and urban areas of District Dera Ismail Khan.

Sampling Strategy

There are 8 colleges in the district of Dera Ismail Khan, making it exceedingly challenging for the researcher to speak with every student and instructor. To get around this challenge, the researcher chose two colleges to gather the data from: one in a rural region and one in an urban area. The researcher randomly select 100 rural students and 100 urban students from Dera Ismail khan. The sample of the study was 200 students. Total 56 rural students were entertain and 54 urban students were entertained as per the return ratio of instrument. In this connection, total sample of the study which was actually investigated was 110. Therefore, the simple random sampling was used for the purpose of sampling.

Research Procedure

For the aim of gathering data, Likert-type questionnaires were used. The survey contained five response options, ranging from strongly disagree to strongly agree. With assistance of supervisor, a

literature study, and empirical research, the questionnaire was created. The researcher used face and content validity through expert of filed. The researcher was used Cronbach's alpha reliability method to know the internal consistency of the items. When the course of work was completed, the researcher disseminated final, valid, and reliable version of the questionnaire and collected it. For further processing, the data gathered from the questionnaire was entered into SPSS (Version 20). Data gathered via the questionnaire will be entered into SPSS (Version 20) for additional statistical processing. Using frequencies, percentages, means, standard deviations, and chi-square, survey's data was evaluated.

RESULTS AND DISCUSSION

Table 1 Locality of Respondents

Locality	Frequency	%
Rural	56	50.9
Urban	54	49.1
Total	110	100.0

Table 2 Descriptive Statistics

Items	N	Mini	Maxi	Mean	Std.
Time Limitations	110	1.00	5.00	2.4727	1.37946
Lack of Equipment				3.2364	1.10816
Lack of Grounds				2.8545	1.40011
Lack of Courts				3.2636	1.24648
Parental permission				3.0727	1.37946
Academic engagement				2.9545	1.30901
In-appropriate environment				2.8818	1.31841
Social constraints				3.0455	1.31600
Taught daily life schedule				2.7364	1.34558
Domestic responsibilities				3.2818	1.36893
Lack of personal interest				2.7818	1.42315
Lack of motivation				3.2636	1.37258
Lack of role model				3.0273	1.35090
Less chances of popularity				3.2091	1.27139
No chances to earn money				2.8909	1.41645
Lack of peers (other friends)				2.9273	1.29720
Lack of confidence				2.8818	1.41247
Fear of injuries				2.7909	1.25687
Academic fatigue				3.0364	1.31977
Due to sectarian problems				3.3182	1.31283

Table 1 shows total rural students in the sample were 56 and percentage was 50.9%, total urban students in the sample were 54 and percentage was 49.1%. Table 2 shows that total number of respondents were 110 in respect of time limitations the mean value against the time limitations was 2.47 and standard deviation was 1.38. In respect of lack of equipment, mean value against the lack of equipment was 3.24 and standard deviation was 1.11. In respect of lack of grounds, the mean value against lack of grounds was 2.47 and standard deviation was 1.38. In respect of lack of courts, the

mean value against lack of courts was 3.26 and standard deviation was 1.25. In respect of Parental permission, mean value against the Parental permission was 3.07 and standard deviation was 1.38. In respect of Academic engagement, mean value against the Academic engagement was 2.95 and standard deviation was 1.31. In-appropriate environment, mean value against the In-appropriate environment was 2.88 and standard deviation was 1.32. Social constraints, mean value against the social constraints was 3.05 and standard deviation was 1.32. In respect of Tough daily life schedule, mean value against Tough daily life schedule was 2.74 and standard deviation was 1.35. In respect of Domestic responsibilities, mean value against Domestic responsibilities was 3.28 and standard deviation was 1.37.

In respect of Lack of personal interest, the mean value against the Lack of personal interest was 2.78 and standard deviation was 1.42. In respect of lack of motivation, the mean value against the lack of motivation was 3.26 and standard deviation was 1.37. In respect of lack of role model, the mean value against the lack of role model was 3.03 and standard deviation was 1.35. In respect of less chances of popularity, the mean value against the less chances of popularity was 3.21 and standard deviation was 1.27. In respect of No chance to earn money, the mean value against the No chance to earn money was 2.89 and standard deviation was 1.42. In respect of lack of peers (other friends), the mean value against the lack of peers (other friends) was 2.93 and standard deviation was 1.30. In respect of lack of confidence, the mean value against the lack of confidence was 2.88 and standard deviation was 1.41. In respect of Fear of injuries, the mean value against the Fear of injuries was 2.79 and standard deviation was 1.26. In respect of the Academic fatigue, the mean value against the Academic fatigue, was 3.04 and standard deviation was 1.32. in this regard, in respect of due to sectarian problems, the mean value against the Due to sectarian problems, was 3.32 and standard deviation was 1.31.

Item Wise Comparison

The item-wise results regarding the comparison as obtained through statistical procedures have been presented in order to understand and analyse the respondents' views about main statements and extracting information.

Table 3 Chi-Square Test Showing Comparison About Time Limitation

		Time Limitations					Total	Chi-Square	Sig.
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	9	12	7	19	9	56		
	Urban	28	15	6	4	1	54	26.322a	.000
Total		37	27	13	23	10	110		

The table shows that against the time limitation barrier to participation in sports activities the total 9 rural respondents were thus strongly disagreed while total 28 urban respondents were strongly disagreed. Similarly, total 12 rural respondents were disagreed and total 15 urban respondents were disagreed, similarly, total 7 rural respondents were undecided and total 6 urban respondents were undecided. Total 19 rural respondents were agreed and total 4 urban respondents were agreed. Similarly, total 9 rural respondents were strongly agreed and total 1 urban respondent was strongly agreed. The data shows that rural respondents facing more complications in time limitation then urban respondents (9 > 1).

Table 4 Chi-Square test Showing Comparison About Lack of Equipment

		Lack of Equipment					Total	Chi-Square	Sig.
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	2	18	19	10	7	56		
	Urban	3	5	23	11	12	54	9.259a	.055
Total		5	23	42	21	19	110		

The table shows that against the Lack of equipment barrier to participation in sports activities the total 2 rural respondents were strongly disagreed while total 3 urban respondents were strongly disagreed. Similarly, total 18 rural respondents were disagreed and total 5 urban respondents were disagreed, similarly, total 19 rural respondents were undecided and total 23 urban respondents were undecided. Total 10 rural respondents were agreed, total 11 urban respondents were agreed. Total 7 rural respondents were strongly agreed and total 12 urban respondents was strongly agreed. The data shows that urban respondents facing complications in lack of the equipment then rural respondents (12 > 7).

Table 5 Chi-Square Test Showing Comparison About Lack of Grounds

		Lack of Grounds					Total	Chi-Square	Sig.
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	8	8	12	17	11	56		
	Urban	17	17	5	10	5	54	13.395a	.009
Total		25	25	17	27	16	110		

The table shows that against the Lack of Grounds barrier to participation in sports activities the total 8 rural respondents were strongly disagreed while total 17 urban respondents were strongly disagreed. Similarly, total 8 rural respondents were disagreed and total 17 urban respondents were disagreed, similarly, total 12 rural respondents were undecided and total 5 urban respondents were undecided. Total 17 rural respondents were agreed and total 10 urban respondents were agreed. Similarly, total 11 rural respondents were strongly agreed, total 7 urban respondents were strongly agreed. Data shows that rural respondents facing more complications in lack of grounds then urban respondents (11 > 7).

Table 6 Chi-Square Test Showing Comparison About Lack of Courts

		Lack of Courts					Total	Chi-Square	Sig.
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	3	16	12	14	11	56		
	Urban	8	6	11	21	8	54	8.702a	.069
Total		11	22	23	35	19	110		

The table shows that against the Lack of courts barrier to participation in sports activities the total 3 rural respondents were strongly disagreed while total 8 urban respondents were strongly disagreed. Similarly, total 16 rural respondents were disagreed and total 6 urban respondents were disagreed, similarly, total 12 rural respondents were undecided and total 11 urban respondents were undecided. Total 14 rural respondents were agreed and total 21 urban respondents were agreed. Similarly, total 11 rural respondents were strongly agreed and total 8 urban respondents was

strongly agreed. The data shows that rural respondents facing more complications in lack of courts then urban respondents (11 > 8).

Table 7 Chi-Square Test Showing Comparison About Parental Permission

		Parental permission					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	4	12	11	14	15	56		
	Urban	11	19	8	7	9	54	9.121a	.058
Total		15	31	19	21	24	110		

The table shows that against the Parental permission barrier to participation in sports activities the total 4 rural respondents were strongly disagreed while total 11 urban respondents were strongly disagreed. Similarly, total 12 rural respondents were disagreed and total 19 urban respondents were disagreed, similarly, total 11 rural respondents were undecided and total 8 urban respondents were undecided. Total 14 rural respondents were agreed, total 7 urban respondents were agreed. Also, total 15 rural respondents were strongly agreed and total 9 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in parental permission then urban respondents (15 > 9).

Table 8 Chi-Square Test Showing Comparison About Academic Engagement

		Academic engagement					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality of respondents	Rural	10	13	13	12	8	56		
	Urban	10	8	15	14	7	54	1.518a	.823
Total		20	21	28	26	15	110		

The table shows that against the Academic engagement barrier to participation in sports activities the total 10 rural respondents were strongly disagreed while total 10 urban respondents were strongly disagreed. Total 13 rural respondents were disagreed and total 8 urban respondents were disagreed, similarly, total 13 rural respondents were undecided and total 15 urban respondents were undecided. Total 12 rural respondents were agreed and total 14 urban respondents were agreed. Similarly, total 8 rural respondents were strongly agreed and total 7 urban respondents was strongly agreed. The rural respondents facing more complications in Academic engagement then urban respondents (8 > 7).

Table 9 Chi-Square Test Showing Comparison About In-Appropriate

		In-appropriate environment					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	9	8	20	9	10	56		
	Urban	11	17	10	9	7	54	7.269a	.122
Total		20	25	30	18	17	110		

Table shows that against In-appropriate environment barrier to participation in sports activities total 9 rural respondents were strongly disagreed while total 11 urban respondents were strongly disagreed. Total 8 rural respondents were disagreed and total 17 urban respondents were disagreed, similarly, total 20 rural respondents were undecided, total 10 urban respondents were undecided.

Total 9 rural respondents were agreed and total 9 urban respondents were agreed. Similarly, total 10 rural respondents were strongly agreed and total 7 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in in-appropriate environment then urban respondents (10 > 7).

Table 10 Chi-Square Test Showing Comparison About Social Constraints

		Social constraints					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	10	12	16	10	8	56		
	Urban	6	14	7	17	10	54	6.678a	.154
Total		16	26	23	27	18	110		

The table shows that against the social constraints' barrier to participation in sports activities the total 10 rural respondents were strongly disagreed while total 6 urban respondents were strongly disagreed. Similarly, total 12 rural respondents were disagreed and total 14 urban respondents were disagreed, similarly, total 16 rural respondents were undecided and total 7 urban respondents were undecided. Total 10 rural respondents were agreed and total 17 urban respondents were agreed. Also, total 8 rural respondents were strongly agreed and total 10 urban respondents was strongly agreed. The data shows that urban respondents facing more complications in social constraints then rural respondents (10 > 8).

Table 11 Chi-Square Test Showing Comparison About Taught Daily Life Schedule

		Taught daily life schedule					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	8	11	14	13	10	56		
	Urban	16	19	8	6	5	54	10.649a	.031
Total		24	30	22	19	15	110		

The table shows that against taught daily life schedule barrier to participation in sports activities total 8 rural respondents were strongly disagreed while total 16 urban respondents were strongly disagreed. Similarly, total 11 rural respondents were disagreed and total 19 urban respondents were disagreed, similarly, total 14 rural respondents were undecided and total 8 urban respondents were undecided. Total 13 rural respondents were agreed, total 6 urban respondents were agreed. Also, total 10 rural respondents were strongly agreed and total 5 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in taught daily life schedule then urban respondents (10 > 5).

Table 12 Chi-Square Test Showing Comparison About Domestic Responsibilities

		Domestic responsibilities					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	5	13	12	9	17	56		
	Urban	10	7	8	20	9	54	10.868a	.028
Total		15	20	20	29	26	110		

The table shows that against domestic responsibilities' barrier to participation in sports activities the total 5 rural respondents were strongly disagreed while total 10 urban respondents were

strongly disagreed. Also, total 13 rural respondents were disagreed and total 7 urban respondents were disagreed, similarly, total 12 rural respondents were undecided and total 8 urban respondents were undecided. Total 9 rural respondents were agreed, total 20 urban respondents were agreed. Similarly, total 17 rural respondents were strongly agreed, total 9 urban respondents was strongly agreed. Data shows that rural respondents facing more complications in domestic responsibilities then urban respondents (17 > 9).

Table 13 Chi-Square Test Showing Comparison About Lack of Personal Interest

		Lack of personal interest					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	10	8	15	8	15	56		
	Urban	18	14	10	8	4	54	11.258a	.024
Total		28	22	25	16	19	110		

The table shows that against the lack of personal interest barrier to participation in sports activities total 10 rural respondents were strongly disagreed while total 18 urban respondents were strongly disagreed. Similarly, total 8 rural respondents were disagreed and total 14 urban respondents were disagreed, similarly, total 15 rural respondents were undecided and total 10 urban respondents were undecided. Total 8 rural respondents were agreed and total 8 urban respondents were agreed. Total 15 rural respondents were strongly agreed and total 4 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in lack of personal interest then urban respondents (15 > 4).

Table 14 Chi-Square Test Showing Comparison About Lack of Motivation

		Lack of motivation					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	8	8	11	15	14	56		
	Urban	9	8	12	14	11	54	.461a	.977
Total		17	16	23	29	25	110		

The table shows that against the lack of motivation barrier to participation in sports activities the total 8 rural respondents were strongly disagreed while total 9 urban respondents were strongly disagreed. Similarly, total 8 rural respondents were disagreed and total 8 urban respondents were disagreed, similarly, total 11 rural respondents were undecided and total 12 urban respondents were undecided. Total 15 rural respondents were agreed and total 14 urban respondents were agreed. Also, total 14 rural respondents were strongly agreed and total 11 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in lack of motivation then urban respondents (14 > 11).

Table 15 Chi-Square Test Showing Comparison About Lack of Role Model

		Lack of role model					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	6	9	10	15	16	56		
	Urban	11	18	12	9	4	54	13.320a	.010
Total		17	27	22	24	20	110		

The table shows that against the lack of role model barrier to participation in sports activities the total 6 rural respondents were strongly disagreed while total 11 urban respondents were strongly disagreed. Similarly, total 9 rural respondents were disagreed and total 18 urban respondents were disagreed, similarly, total 10 rural respondents were undecided and total 12 urban respondents were undecided. Total 15 rural respondents were agreed, total 9 urban respondents were agreed. Total 16 rural respondents were strongly agreed and total 4 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in lack of role model then urban respondents (16 > 4).

Table 16 Chi-Square Test Showing Comparison About Less Chances of Popularity

		Less chances of popularity					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	5	9	17	14	11	56	3.157a	.532
	Urban	9	9	11	17	8	54		
Total		14	18	28	31	19	110		

The table shows that against less chances of popularity barrier to participation in sports activities total 5 rural respondents were strongly disagreed while total 9 urban respondents were strongly disagreed. Similarly, total 9 rural respondents were disagreed and total 9 urban respondents were disagreed, similarly, total 17 rural respondents were undecided and total 11 urban respondents were undecided. Total 14 rural respondents were agreed and total 17 urban respondents were agreed. Total 11 rural respondents were strongly agreed and total 8 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in less chances of popularity then urban respondents (11 > 8).

Table 17 Chi-Square Test Showing Comparison About No Chances To Earn Money

		No chances to earn money					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	9	15	9	9	14	56	4.870a	.301
	Urban	13	15	7	13	6	54		
Total		22	30	16	22	20	110		

The table shows that against the no chance to earn money barrier to participation in sports activities total 9 rural respondents were strongly disagreed while total 13 urban respondents were strongly disagreed. Similarly, total 15 rural respondents were disagreed and total 15 urban respondents were disagreed, similarly, total 9 rural respondents were undecided and total 7 urban respondents were undecided. Total 9 rural respondents were agreed and total 13 urban respondents were agreed. Total 14 rural respondents were strongly agreed and total 6 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in No chance to earn money then urban respondents (14 > 6).

Table 18 Chi-Square Test Showing Comparison About Lack of Peers

		Lack of peers (other friends)					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	12	11	15	10	8	56	5.929a	.205
	Urban	5	18	10	13	8	54		
Total		17	29	25	23	16	110		

The table shows that against lack of peers (other friends) barrier to participation in sports activities total 12 rural respondents were strongly disagreed while total 5 urban respondents were strongly disagreed. Total 11 rural respondents were disagreed, total 18 urban respondents were disagreed, total 15 rural respondents were undecided and total 10 urban respondents were undecided. Total 10 rural respondents were agreed and total 13 urban respondents were agreed. Similarly, total 8 rural respondents were strongly agreed and total 8 urban respondents was strongly agreed. The data shows that rural and urban respondents facing same complications in lack of peers (other friends) because (8 = 8).

Table 19 Chi-Square Test Showing Comparison About Lack of Confidence

		Lack of confidence					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	15	7	14	8	12	56	2.362a	.670
	Urban	11	11	15	9	8	54		
Total		26	18	29	17	20	110		

The table shows that against the Lack of confidence barrier to participation in sports activities the total 15 rural respondents were strongly disagreed while total 11 urban respondents were strongly disagreed. Similarly, total 7 rural respondents were disagreed and total 11 urban respondents were disagreed, similarly, total 14 rural respondents were undecided and total 15 urban respondents were undecided. Total 8 rural respondents were agreed and total 9 urban respondents were agreed. Total 12 rural respondents were strongly agreed and total 8 urban respondents was strongly agreed. The data shows that rural respondents facing more complications in Lack of confidence then urban respondents (12 > 8).

Table 20 Chi-Square Test Showing Comparison About Fear of Injuries

		Fear of injuries					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	9	17	13	13	4	56	4.181a	.382
	Urban	12	12	7	19	4	54		
Total		21	29	20	32	8	110		

The table shows that against the Fears of injuries barrier to participation in sports activities the total 9 rural respondents were strongly disagreed while total 12 urban respondents were strongly disagreed. Similarly, total 17 rural respondents were disagreed and total 12 urban respondents were disagreed, similarly, total 13 rural respondents were undecided and total 7 urban respondents were undecided. Total 13 rural respondents were agreed and total 19 urban respondents were agreed. Total 4 rural respondents were strongly agreed and total 4 urban respondents was strongly agreed. The data shows that rural and urban respondents facing same complications in Fear of injuries because (4 = 4).

Table 21 Chi-Square Test Showing Comparison About Academic Fatigue

		Academic fatigue					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality of the respondents	Rural	7	12	14	9	14	56	2.751a	.600
	Urban	8	15	14	10	7	54		
Total		15	27	28	19	21	110		

The table shows that against the Academic fatigue barrier to participation in sports activities the total 7 rural respondents were strongly disagreed while total 8 urban respondents were strongly disagreed. Similarly, total 12 rural respondents were disagreed and total 15 urban respondents were disagreed, similarly, total 14 rural respondents were undecided and total 14 urban respondents were undecided. Total 9 rural respondents were agreed and total 10 urban respondents were agreed. Total 14 rural respondents were strongly agreed and total 7 urban respondent was strongly agreed. The data shows that rural respondents facing more complications in Academic fatigue then urban respondents (14 > 7).

Table 22 Chi-Square Test Showing Comparison About Due to Sectarian Problems

		Due to sectarian problems					Total	Chi-Square	Sig-
		SDA	Disagree	Undecided	Agree	SA			
Locality	Rural	4	8	14	19	11	56	8.102a	.088
	Urban	9	9	14	7	15	54		
Total		13	17	28	26	26	110		

The table shows that against Due to sectarian problems barrier to participation in sports activities total 4 rural respondents were strongly disagreed while total 9 urban respondents were strongly disagreed. Similarly, total 8 rural respondents were disagreed and total 9 urban respondents were disagreed, similarly, total 14 rural respondents were undecided and total 14 urban respondents were undecided. The total 19 rural respondents were agreed and total 7 urban respondents were agreed. Total 11 rural respondents were strongly agreed and total 15 urban respondents was strongly agreed. Data shows that urban respondents facing more complications in Due to sectarian problems then rural respondents (15 > 11).

DISCUSSION

The present study evaluates the perceived barriers to participation in leisure sports: a comparative analysis between rural and urban youths of District Dera Ismail Khan at the college level. The descriptive analysis's findings according to Table 2's findings, "accessible facilities," "knowledge of activities offered," and "personal transportation" were factors most likely to affect foreign students' engagement in sports. The results of the chi-secure indicated that rural respondents face more complications in time limitation, lack of grounds, parental permission, lack of equipment, lack of personal interest, taught daily life schedule, lack of role models, and domestic responsibilities than urban respondents. In light of these results, the most important variables that either encouraged or discouraged both rural and urban students from enrolling in college appear to have been structural constraints. The current discovery is useful since it relates to a circumstance where the appropriate authorities may. In particular, more should be done to spread knowledge about facility amenities including facility working hours and accessibility of college events for students. Most significantly, authorities should ensure that target audience is reached before making this data public (Sallis & Glanz, 2006).

According to O'Reilly et al (2012) understanding the factors that influence both participation and non-participation in sports is just as essential as knowing participation rate. Mama (2015) implies that some insight into the issues that can deter overseas students from engaging in campus sports

activities can be gained from the current study. The results of the current study highlighted how important intrapersonal elements are in influencing students' decisions to participate in college sports activities in this respect. The design of sports programs is connected to practical significance of these discoveries. While providing sports programs to pupils, certain intrapersonal variables including race, gender, and religion should be taken into account (Hull et al., 2021). The issue of activity appropriateness is linked to these intrapersonal factors. In reality, the appropriateness of an activity is one of elements that promotes involvement in leisure and physical activities (Hashim, 2012). Hashim (2012) discovered that the appropriateness of the activity is one of the factors that facilitate individuals' desire to continue participating in different activities in different situations. For example, in terms of activity scheduling, some religious obligations and celebrations may limit possibilities for participation on a specific day or at specific time, rendering activities inappropriate (Khan, 2003).

The authorities also have chance to make their programs for women more inclusive by providing 'women's only' sessions for particular sports and gym activities. Such programs may entice women from various backgrounds who may otherwise feel excluded from activities for a number of reasons, like cultural and religious views, to take part in them (Ahmad et al., 2020). Various methodologies can be used to determine how appropriate the activities are for intended audience. Caperchione (2012) rural college students face challenges when pursuing their academic goals outside of their home country, which can have negative impact on their general well-being and academic success. The author further discloses that various coping techniques have been suggested to assist urban students in adapting to their new environment. The core of these suggested approaches is making the first social move. The international students might use the participation in campus sports and extracurricular activities to meet people. Besides, the advantages of taking part in college sports and leisure go beyond merely making friends; they operate as a stress coping strategy for dealing with daily stress.

CONCLUSION

On the basis of findings, the researcher was concluded that perceived barriers that occurs in leisure sports. It was concluded that time limitation, lack of equipment, lack of ground and lack of courts are the barriers during leisure sports. The study was concluded that the youth face barriers during leisure sports of parental permission, academic engagement, social constraints, domestic errands, lack of personal interest, lack of motivation, and lack of role model are the main barriers during sports participation. In this connection, the researcher further concluded that less chances of the popularity, lack of peers, lack of confidence, fear of injuries, academic fatigue and due to sectarian problems are barriers that youth facing during sports participation. The researcher also concluded that rural respondents facing more problems as compare to urban respondents while participating in leisure sports.

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