

# SPORTS AS A SOURCE OF SOCIAL LEARNING AMONG THE COLLEGIATE FEMALE PLAYERS

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## ABSTRACT

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*The study aimed was to investigate sports predictor as a source of social learning among collegiate female players at district D. I. Khan, KPK, and Pakistan. The study population was all the female players enrolled in Government Degree (W) Colleges of district D. I. Khan. Four hypotheses formulated to explore the study objectives. The quantitative method with Cross Sectional approach was applied for data collection from sample colleges. 124 female players of both sample Colleges in district D. I. Khan were selected as a targeted population. No sampling technique applied for selection of study sample as the study population was accessible and supposed to contact easily. The 5-point Likert scale was designed and used for data collection. The research instrument was made valid through validity and reliability method accordingly and reliability of scale was as 0.76. The ANOVA, linear regression, and independent sample t-test were used to investigate sports predictor as a source of social learning among female players at college level. The study results found that sports have an excellence to offer events for female separately regarding to their society and culture norms which indicated that sports participation develop the Gender socialization among collegiate female players. Likewise, it indicated that their language socialization/communication skills also improved among female players. The researchers suggested that sport activities should be organized in educational institutions for youth; it leads to develop their communication skills and may have social interaction among them.*

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**Key Words:** Sports, source, social learning, collegiate, female players.

## Introduction:

Sport and Games have an excellence to build up attitude and character of a person. In sport, a person is able to learn how to interact with the other people and communicate with them (Holt et al., 2008). Sports work as a source of personal development and had been documented

since past days. The life skills awareness can be improved through sports in youth and especially in female folk. Gould and Carson, (2008) indicated that the basic objectives of social and emotional development of youth can be achieved through sport. The development of life skill throughout sports assists to accom-

plish to the planned and successful programs of life properly (Camiré et al., 2009).

Socialization is a source to adopt the norms and standards of society. Socialization comprises both instructing and learning, "hence" is the method of accomplishing the ethical and social coherence. Similarly, gender socialization is known as the learning of behavior and attitude adequately supposed for separate sex. This kind of learning can be obtained by adopting different agents of socialization. The behavior and actions that is appropriate for each sex is broadly accepted in society. Cromdal, (2011) found that different groups as family, peers, friends, working place, mass media and organization etc. are the main sources of reinforcing the gender socialization. Additionally, the linguistic anthropologist build upped a theory in regard of language socialization and found out the socialization process. They also discovered that enculturation cannot achieve without language acquisition process. The process of culture socialization and language socialization is integrated for a person. The community members sociali-

zed their new generation through language skill and competency (Duff, 2011). They adopt language as a source to inculcate and reinforcement of their culture norms/principles and the culture and society provides them the language norms in response (Vieira, 2011). A human phenomena generally is known as planned socialization, so people are making new plans and techniques to aware, to prepare and to educate others. According to Ransome & Sampford, (2016) both natural and planned socialization are good source for leading a purposeful life.

Furthermore, Mayseless and Popper (2007) indicate the existence of various social institutions and sport is one of them and it plays an outstanding role among them because it has all those traits together which can exist in other institutions of socialization with a distinctive application. Siedentop, (2002) found that sport is the only thing which can develop a person as a whole. In this regard, Sport build upped Socialization and considered it the primary unit of human development in a society, in spite of that we sometimes ignore its worth.

Keeping in view the, prime objective of the study, the researchers made an attempt to explore the Sport's role as a source of social learning among the collegiate female players in district D. I. Khan. The current study was an effort to investigate the gender socialization sense of the collegiate female players that was helpful for teachers, students and parents to get knowledge about sport role in gender socialization among female players. The players will aware themselves about

gender limitations and will understand that due to specific gender, how they are treated in the society. The current study also explored that how sports participation discourage or encourages, negative or positive features of gender socialization. The particular research will be beneficial to give knowledge to female players and teachers about that how sports play a positive role in language socialization among the collegiate female players.

**Table1:** List of independent & dependant variables

<b>Variable</b>	<b>Operational Definition</b>	<b>Code</b>
socialization	Is a source to adopt the interpersonal and interactional skills	S
gender socialization	Male/female interaction	GS
Language socialization	To socialize others through communication and language competency	LS
culture socialization	is a process to learn the culture norms, values, behaviors and ethics	CS
planned socialization	making new plans and techniques for others	P&NS

### **Objectives:**

To determine the influence of Sports participation on Gender socialization among the collegiate female players in district D. I. Khan.

To determine the influence of Sports participation on language socialization among female players at college level.

To assess the influence of Sports participation on natural and planned socialization among female players at college level.

To determine the influence of sport participation upon social learning process (language socialization, gender socialization, Plan socialization & natural socialization) among female players at college level

### **Literature Review**

Socialization is a primary need of each individual in the community / society, and numerous social agents make an effort to socialize their children and youth in a society. As physical education teachers, we considered that sport is also one of them and plays a very important role in this era. Socialization has many following categories.

### **Language socialization**

The linguistic anthropologist originated a theory with reference to the language socialization, and found that the enculturation and socialization process cannot achieve without language acquisition process (Ochs & Schieffelin, 2011). The author further argued that the culture socialization and language socialization process is integrated for each person. The society members socialize their new generation through communication and language competency. They make use of the language as a source of inculcating and reinforcement of norms of their culture to words through language, and in return, the culture presents the language norms (Kramsch, 2014). Many researchers directed their study in a wide settings scope, found broad social manners in which pioneers got certain viewpoints about language and learn to communicate with others. The studies' subjects respond that they learn socialization through proficiency, communication and language skill, learning advancement about their status & jobs and so in these circumstances, language socialization become a fundamental part of culture context.

### **Gender Socialization**

Youth has the ability to grow up their general feelings and to identify themselves with other people and has an effect in the public social development. Moreover, gender socialization emerges, as to be one of the most essential parts of this complex and tremendous method. Furthermore, the centrality of socialization direction imitates the method that differentiates our each individual and entire population is known as gendered (Ochs & Schieffelin, 2011). In the modern arena, People see that there are social occasions and unique sexual orientation, and they establish and adopt different professions and have commitment and social interaction with the people during their jobs in spite of having different characteristics and jobs. These assumptions used to evaluate sexual orientation socialization. Since the personality of femininity and femininity jobs perspectives primarily start to show up at very youthful life, little bit of this work has concentrated on youth (Griffin at el., 2013)

### **Natural and planned socialization**

Planned and natural socialization is one of the main factors of general socialization. In na-

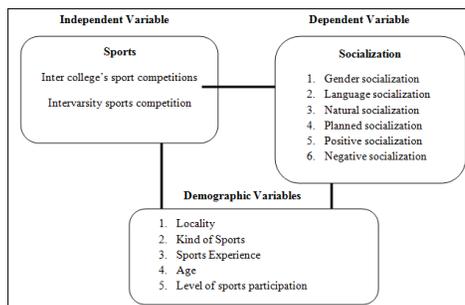
tural and planned socialization, the youngsters tried their best to perform well in different social activities for which they struggle hard to observe the situation and float up new ideas according to different stages, times and places. Ransome and Sampford, (2016) explained that both natural and planned socialization is the better source for spending the meaningful and purposeful life.

### **Sports Role in Socialization process**

The promotion of Sports is a great source of encouragement for people to participate and to enjoy their specialty in different events (Irwin at el., 2008). In this regard, the psychologists often play a key role to guide and motivate the interested to make their development. Similarly, counselors and psychologists become more familiar in society due to sports' role. Sometimes, the player's attention is dissatisfaction or ambition, not illness. Generally, players are goal-oriented and desire to learn new techniques and skills to attain their objectives. Many players understand now that some of these techniques/skills are psychological capabilities that balance physical abilities (Holland at el.,

2010). Sport is considered one of the chief factors of socialization and plays an important role in strong social networking in any society among the youngsters that assists them to work as a team members and to avail existing opportunities and face the challenges. The start of sport events in society provide support to produce the traits of a teamwork and an environment of cooperation, this process helps the competitors to develop positive social relationships and get constant life skills (Funk & James, 2001). Keeping in view the significance of sports in promoting and developing socialization, the researchers developed following conceptual framework to explore the natural phenomena.

### Conceptual Framework



### Hypotheses of the Study

**H1:** Sport has a significant impact on Gender socialization among female players at college level.

**H2:** Sport has a significant impact on Language socialization among female players at college level.

**H3:** Sport has a significant impact on natural and planned socialization among female players at college level.

**H4:** There is significant influence of sports participation upon social learning process (language socialization, gender socialization, Planned & natural socialization) among female players at college level.

### Methodology

The researcher used following methodology for this particular research. The investigators formulated 4 hypotheses to explore the study objectives. The quantitative method with Cross Sectional approach was applied for obtaining required data from sample colleges. The study population was all the female players enrolled in Government Degree (W) Colleges of district D. I. Khan, KPK, and Pakistan. 124 female players of both sample Colleges in district D. I. Khan were selected as a targeted population. No sampling technique applied for selection of study sample as the study population was accessible and supposed to be contact easily.

**Table 2**

*A Detailed Description of Population as a whole in G.G.D Colleges D. I. Khan KP, Pakistan*

#	College Name	Event	No of Athletes
1.	Government Girls Degree College # 1	Badminton	6
		Volleyball	15
		Table Tennis	6
		Cricket	18
		Athletics	20
		Total	65
2.	Government Girls Degree College # 2	Badminton	6
		Volleyball	14
		Table Tennis	6
		Cricket	15
		Athletes	18
		Total	59
Grand Total		GDC1= 65+ GDC2= 59= 124	

**Source:** Personal visit to the Offices of Concerned Colleges

The 5-point Likert scale was designed and used for collection of data from the sample respectively. The research instrument made valid through validity and reliability methods accordingly. For purpose of content validity, the initial version of the scale was sent to Ph.D. Doctors of the concerned field. In the light of their suggestions and observations, the researchers removed all ambiguities and complications from the questionnaire consequently. The Cronbach Alpha method used for internal consistency of the items of the questionnaire and found its value as. 0.76. After that, the researchers got approval from the concerned department and sent to DPI, KP; same was sent to Directors of colleges and forwarded to heads of sample colleges accordingly. The researchers visited themselves the sample colleges and the questionnaires handed over to study subjects. The questionnaire was collected back after filling from the study subjects. The obtained data was analyzed by using ANOVA, linear regression, and independent sample t-test to investigate sports predictor as a source of social learning among collegiate female players.

**Result and Discussion: Section A: Descriptive analysis**

**Table 3- Descriptive Statistics of the Demographics sample**

Demographics		Frequency	%	Valid %	Cumulative%
Level of Participation	inter college	86	69.4	69.4	69.4
	Intervarsity	38	30.6	30.6	100.0
	Total	124	100.0	100.0	
Colleges	G.G.D.C.No:1	63	50.8	50.8	50.8
	G.G.D.C.No:2	61	49.2	49.2	100.0
	Total	124	100.0	100.0	
Sports participation	Badminton	12	9.7	9.7	9.7
	Volleyball	29	23.4	23.4	33.1
	Table Tennis	13	10.5	10.5	43.5
	Cricket	33	26.6	26.6	70.2
	Athletics	37	29.8	29.8	100.0
	<b>Total</b>	<b>124</b>	<b>100.0</b>	<b>100.0</b>	

The above table shows the data about the respondents' demographics concerning their Participation level (Intervarsity & Inter College), colleges (GCW # 1 and GCW # 2) and the participation of Sports (Volleyball, Badminton, Cricket, Table Tennis & Athletic events). The same table indicates that 69.4% (86) players participated in inter collegiate and 30.6% (38) in Intervarsity sport competitions. 50.8% (63) participants were from GCW # 1 and 49.2% (61) were from GCW # 2. It also indicates that 9.7% (12) female players participated in Badminton game, 23.4% (29) in volley ball, 10.5% (13) in Table Tennis, 26.6% (33) in cricket, and 29.8% (37) in athletic events. Entire number of respondents was 0124.

**Section B: Regression analysis**

H1: Sport has a significant impact on Gender socialization among female players at college level.

**Table 4: Simple linear regression showing the sports participation effect on gender socialization Model Summary**

Model	R	R Square	F	Sig.
1	.486 <sup>a</sup>	.237	37.804	.000 <sup>b</sup>

a. Predictors: (Constant), sports participation

Coefficients <sup>a</sup>						
		Unstandardized Coefficients		Standardized Coefficients		
	Model	B	Std. Error	Beta	T	Sig.
1	(Constant)	3.862	.055		70.066	.000
	sports participation	.092	.015	.486	6.149	.000

a. Dependent Variable: Gender Socialization

*a = .001*

The regression analysis shows that there is significant effect of sports participation on gender socialization ( $P = .000 < .05$ ). The results indicate that,  $R^2 = 0.237$  that means that the predictor (sports participation) has 24% variation (impact) on criterion (gender socialization). Likewise, it indicates that the sports participation effect on gender socialization is significant ( $\beta = 0.092$  whilst  $p = .000$ ). So, it is concluded from the results that sports participation has a significant effect on gender socialization Therefore,

**H2:** Sport has a significant impact on Language socialization among female players at college level.

**Table-5: Simple linear regression showing the sports participation effect on language socialization**

**Model Summary**

Model	R	R Square	F	Sig.
1	.356 <sup>a</sup>	.127	17.716	.000 <sup>b</sup>

**a. Predictors:** (Constant), sports participation

<i>Coefficients <sup>a</sup></i>						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	T	Sig.
1	(Constant)	2.857	.341		8.379	.000
	sports participation	.340	.081	.356	4.209	.000

**b. Dependent Variable:** language socialization

The regression analysis shows that there is significant effect of sports participation on language socialization ( $P=.000<.05$ ). The results indicate that,  $R^2 = 0.127$  that means that the predictor (sports participation) has 13% variation (impact) on criterion (language socialization). Likewise, it indicates that the sports participation effect on language socialization is significant ( $\beta= 0.356$  whilst  $p= .000$ ). So, it is concluded from the results that sports participation has a significant effect on language socialization Therefore, The H2 is hereby accepted and true.

**H3:** Sport has a significant impact on natural and planned socialization among female players at college level.

*Simple linear regression showing the sports participation effect on natural and planned socialization*

**Model Summary**

Model	R	R Square	F	Sig.
1	.778 <sup>a</sup>	.605	186.811	.000 <sup>b</sup>

**a. Predictors:** (Constant), sports participation

<i>Coefficients <sup>a</sup></i>						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	T	Sig.
1	(Constant)	-7.968	.919		-8.667	.000
	sports participation	2.978	.218	.778	13.668	.000

**C. Dependent Variable:** natural & planned socialization

The regression analysis shows that there is significant effect of sports participation on natural & planned socialization ( $P=.000<.05$ ). The results indicate that,  $R^2 = 0.605$  that means that the predictor (sports participation) has 60% variation (impact) on criterion (natural & planned socialization). Likewise, it indicates that the sports participation effect on natural & planned socialization is significant ( $\beta= 0.778$  whilst  $p= .000$ ). So, it is concluded from the results that sports participation has a significant effect on natural & planned socialization. Therefore, The H3 is hereby accepted and true.

H4: There is significant influence of sports participation upon social learning process (language socialization, gender socialization, Planned & natural socialization) among the collegiate female players in district D. I. Khan.

**Table-6: Simple linear regression showing the sports participation effect on social learning process**

#	Testing Variables	R	r <sup>2</sup>	F	T	B	Sig.
1.	Gender Socialization	0.486	0.237	37.804	6.149	0.092	.000
2.	Language Socialization	0.356	0.127	17.716	4.209	0.340	.000
3.	Plan Socialization	0.457	0.209	32.289	5.682	1.063	.000
4.	Natural Socialization	0.778	0.605	186.811	13.668	2.978	.000
5.	Positive Socialization	0.364	0.133	18.659	4.320	0.560	.000
<b>Social learning process</b>		<b>0.49</b>	<b>0.26</b>	<b>58.66</b>	<b>6.81</b>	<b>1.01</b>	<b>0.00</b>

The regression analysis shows that there is significant effect of sports participation on social learning process ( $P=.000<.05$ ). The results indicate that,  $R^2 = 0.26$  that means that the predictor (sports participation) has 26% variation (impact) on criterion (social learning process). Likewise, it indicates that the sports participation effect on social learning process is significant ( $\beta$ - 1.01 whilst  $p$ - .000). So, it is concluded from the results that sports participation has a significant effect on social learning process. Therefore, The H4 is hereby accepted and true.

**Discussion:**

The study aimed was to investigate sports as a predictor to develop social learning among collegiate female players of district D. I. Khan, KPK, and Pakistan. The investigators formulated 4 hypotheses to explore the study objectives. The study results found that there is significant effect of sports participation on gender socialization among collegiate female players. Same results found from research studies by Maccoby and Mnookin (1992) and Chinurum, Joy.N, Lucas, Ogunjimi and O'Neill, Charles (2014). The researchers indicated that sport has many benefits like it promotes creative thinking excellence; improve the performance level in different activities. Furthermore, players grow up themselves in the world of sports. The study findings depicted that a significant sports participation effect on language socialization among collegiate female players. The study results are also in lined with Gould and Carson (2008) elaborated that sports help the players to enhance the social interaction among them through improving their behaviors and enhancing teamwork qualities. The sports also establish environment of cooper-

ation for them. Likewise, all the participants respond that sport activities improve their communication and language socialization among collegiate female players. This is because of they consider that sports are the key source of language communication and socialization for youth to join a perfect setting for their further development. They also respond that sports inculcate the qualities of planned and natural socialization among collegiate female players. They agreed with this statement sports play a chief role in planned and natural socialization, not only among youngsters but also in their peer group.

The study results found that there is a significant effect of sports participation on planned and natural socialization. It was also found that Sport has the excellence to enhance the natural capability of the players in regard of social norms and standards of society. The sports participation enhances and promotes natural socialization level in society too. The study results are supported with (Garrett and Baquedano-López, 2002).

Additionally it was found that sports participation has significant effect on social learning

process among collegiate female players. The analyzed data shown that sports participation enhances gender, language, planned & natural and positive socialization among the collegiate female players. (Ransome & Sampford, 2016) carried out researches on female players and found that Sports are the best source of natural and planned socialization. The study results are also supported by (Funk & James, 2001; Schmalz & Kersetter, 2006).

### **Conclusion**

The study aimed was to investigate sports predictor as a source of social learning among collegiate female players. The analyzed data found that there is significant effect of sports participation on gender socialization among collegiate female players. The study findings depicted a significant effect of sports participation on language socialization as well as on planned and natural socialization of players. Additionally it was also found that sports participation has significant effect on social learning process among collegiate female players. Generally, it was indicated from the study results that sports participation enhances gender,

language, Planned & natural and positive socialization among the collegiate female players. So the researcher concluded that sports has the excellence to present separate events for female players according to norms and standards of their culture and society that proved that sports enhance the gender, language, planned and natural socialization among collegiate female players. Additionally, we should have different categories of gender in sports because the people are not equal physically, emotionally and socially, and also according to their culture norms & expectations. If we arrange co-competitions for both genders male and female together, we can promote the social interaction among them. The all study variables indicated through this research that the sport participation develops social learning process among collegiate female players.

### **Recommendations:**

1. Education institutes may arrange co-competitions for both genders male and female together; it leads to promote the social interaction among them.

2. College principals may arrange awareness social development programs for each college class so that the students' interest can develop. It leads to improve their socialization which may play a key role to build a friendly environment and positive interaction among them.
3. It is suggested that sports activities and competitions should be organized for female students at college and school level on regular basis; it will lead to improve their communication skills and have better social interaction among them.
4. It is also recommended that the college administration may promote social learning processes with optimistic motivation and positive rewards through sports among the students.
5. The government may make the institutions well equipped with sports facilities, courts, and grounds to take part in Sports with full potentials, abilities, and capabilities. The Government may provide sufficient resources to the institutions for the smooth functioning of the institution with special reference to sports.

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