

# **SOCIO-CULTURAL DETERMINANTS OF STUDENTS' PARTICIPATION IN SPORT; IMPLICATIONS FOR THE DEVELOPMENT OF UNIVERSITY SPORT IN KHYBER PAKHTUNKHWA (KP), PAKISTAN**

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## **ABSTRACT**

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*This research was carried out to explore the socio-cultural determinants of students' sports participation at university level of Khyber Pakhtunkhwa. This cross-sectional survey research study was conducted on 264 students of both Public and Private sector universities through stratified random probability sampling. After exclusion of unusable questionnaires, 256 correctly filled questionnaires were used in the data analysis. A valid and reliable self-administered structured questionnaire encompassing all the aspects of the study was used for collecting required data. The questionnaire consisted of two parts; a) personal information b) questions about social-cultural determinants of students' sport participation. A computer software of SPSS, version 24 was used to analyze the collected data. Results indicated a moderate negative correlation between socio-cultural determinants and students' sports participation ( $P=0.03$ ,  $r=-0.57$ ). Also, the students' sports participation was negatively predicted by socio-cultural determinants ( $p < .05$ ). In addition, female student-athletes reported higher mean score compared with male student-athletes on socio-cultural determinants of students' sports participation ( $p < .05$ ). Given the negative relationship between socio-cultural determinants and students' sports participation, it is necessary to create awareness among parents, teachers and eminent scholars regarding the benefits of sports participation. This can be done with the help of local seminars and public speaking in different parts of the province.*

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*Keywords:* Socio-cultural Determinants, Sport's Participation, Implication, Sport's Development & University level

## **Introduction**

Sport is believed as socializing agent that helps individual to bring together on one platform irrespective of gender, ethnic group, religiosity and socio-cultural backgrounds. Sport has been globally admitted as one of the

social activities and indispensable part of individuals' life (Momoh, 2017). The term sport refers to a structured and institutionalized activity that needs utilization of physical exertion that has competitiveness and vigour on a continuum between

play and work (Onafied, 2003). Sport according to Msheila (2000) is considered as a highly organized activity carried out under specific rule and regulations, which requires physical as well as mental exertion.

Sport plays an important role in different dimensions of life. Besides the physical and mental benefits of sport participation (Jenkin, Eime, Westerbeek, & van-Uffelen, 2018), sport has the capacity to help in the moral aspect of individuals (Goldstein & Iso-Ahola, 2006; Momoh, 2017). Sport has remained a prominent factor in communication between countries and people and proved to be an effective tool in eliminating barriers and ensuring peace and development. Sport has the capacity to build strong individuals and vivacious communities that helps in the collective identity and pride as well (Momoh, 2017). Apart from the above, social cohesion and social perfectionism can be developed through sport, particularly when implemented with youngsters. Sport prepare a person to successfully face the personal as well as social challenges (Coakley & Pike, 2009).

A close relationship of physical activity, motor skills, and health to academic achievements has been firmly established to date. In reality, the kind of physical education program which leads to improved physical, mental fitness and social health is vital to every boy and girls' education and academic achievement. This fact has been recognized by some of the deepest thinkers in the world throughout history. For example, Socrates is the view that poor and weak health can subsidize to severe faults in intellectual. Another reputed thinker, Comenius demonstrated that intellectual growth of the children is linked with bodily vigor at every step. He further stated that one can achieve better results through participating in physical as well as mental exercises. Rousseau, one of the famous thinkers stated that a debilitated body indolent the mind of an individual. He further suggested the inclusion of a rich program of physical activities for Emile (Charles, 1965).

Sport development is composed of two different words, 'sport' and 'development'. The word 'sport' refers to the physical activity governed by rules

and competitive in nature, while the word 'development' conjures up notions of maturation, education & consolidation of competence, skills & knowledge. Thus, the combined meaning of 'sport development' suggests a new & improved outcome is possible. The idea of sport development is undertaken to develop and promote sport activities for the community. The success of sport development largely depends upon an effective relationship with important agencies of the community. No matter, it includes, community group, local, provincial and national governing bodies, local authorities and volunteer group of people (Hylton, 2013). Sports development has several objectives like a) sport development aims at to develop and promote sport and leisure services to the members of local community and workforce b) it works to remove barriers in the way of sport's participation and promotion as well and c) sport development also works in removing barriers in the way of promoting personal, social and community development (Same, 2016).

Sport has attained a remarkable popularity in the country Pakistan. In the area of educa-

tion, sport has become a part of school, college and university in the nation. Physical education, Intramurals, and athletic program have been created by educational institutions to give young people the opportunity to play in these activities (Ganjera, 2018). Sport program in an educational institution has been associated with improving the fitness of our youth. However, there are some factors which affect the sport participation of students studying in these, educational institutions (Ali, Qambrani, Akhtar, & Ansari, 2017; Islam, 2019). Despite the overwhelming problem of students' sports participation, few researchers have examined the influence of socio-cultural determinants on sport's participation among students. In addition, no one concurrently has examined socio-cultural determinants in the perspective of students' sports participation at university level of Khyber Pakhtunkhwa. Therefore, it is imperative to identify these factor and then assess their influence upon sport participation.

Different studies have been conducted to assess the influential factors pertaining to student's sport participation (Hussain, Abbas, & Akhtar, 2013; Islam,

Khan, & Khan, 2016; Laar, Shi, Ashraf, 2019; Laar, Zhang, Yu, Qi, & Ashraf, 2019). However; no study has so far been carried out to evaluate the factors affecting students' sport at university level. Consequently, the current study was conducted to address this gap. It is hoped that the findings of the study will add to existing literature on factors affecting sport participation in general, particularly among university student-athletes in Khyber Pakhtunkhwa (KP), Pakistan.

### **Objectives**

The study was designed to achieve the following objectives:

1. To determine the association between socio-cultural determinants and students' sports participation.
2. To examine gender differences about the association between socio-cultural determinants and students' sports participation.

### **Research Hypotheses**

H<sub>a</sub> 1 Socio-cultural determinants are significantly associated with students' sports participation.

H<sub>2</sub> Sports participation is negatively associated with socio-cultural determinants.

H<sub>a</sub> 3 Male and female student-athletes have different views on

socio-cultural determinants of students' sports participation.

### **Literature Review**

#### **Nature and Scope of Sport**

The term sport is one of the ambiguous terms having various meanings. Different thinkers and experts have defined the term sport from their own point of view. Some relate sport when they are talking about the athletic events, while others refer to sport when they are speaking of the organizers as well as the financial status of a team. However, John (1968) states that sport should be considered on different planes of discourse to understand its nature. He discusses sport as a game of occurrence, as an institutionalized game, as a social institution and as a social situation. The term sport refers to a structured and institutionalized activity that needs utilization of physical exertion that has competitiveness and vigour on a continuum between play and work (Onafied, 2003). Sport according to Msheila (2000) is considered as a highly organized activity carried out under specific rule and regulations, which requires physical as well as mental exertion.

### **Sociocultural Determinants and Students Sport Participation**

Sport activities in the province of Khyber Pakhtunkhwa are related to several factors like administrative, political, sociocultural and professional. The literature of the present study has solely focused on the social-cultural determinants of students' sport participation. The term social-culture has been analyzed from several sub-factors such as parental pressure, religious and cultural belief, societal constraints.

In our society, participation in sport is bound to the conception of parents, teachers and eminent scholars. If they have clear perception, then the students will take keen interest in sport participation. But, if otherwise, students' sports participation will hamper because of lack of awareness pertaining to the benefits of sport participation. Several studies have shown that parental concerns like their education, lack of awareness regarding the benefits of sport participation and limited financial resources influence their children's participation in sport (Rintaugu, Mwangi, & Bailasha, 2013; Suleman, Singh, & Zeeshan, 2014). Contrary to the above findings, one study revealed

that parent with high educational qualification are better able to support and encourage their children to sport participation compared to parents having low level of education (Ifedi, 2008). Sport has been influenced by religious beliefs. Sport activities, especially in the province of Khyber Pakhtunkhwa have greatly influenced by the religious beliefs of eminent scholars. Findings of study revealed that lack of sufficient argumentation in the perspective of Islamic teaching towards sport participation hampered the sport participation among the female folk. Additionally, the criticism on part of religious scholars create hindrance in sport participation, especially among females (Bibi, Khan, & Khan, 2016). The people of the concerned society are supposed to behave according to the norms and the standard of the society. The activities carried out by the member of one's society may be influenced by the cultural belief of that society (Bibi, Khan, & Khan, 2016).

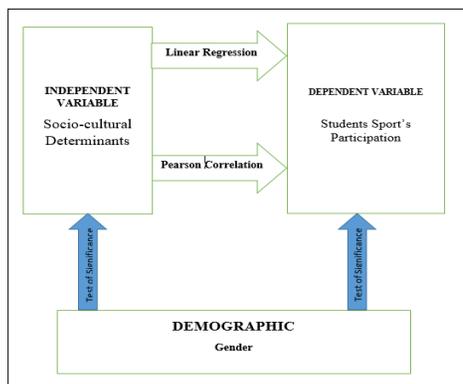
### **Effect of Demographic Attributes**

Demographic attributes of the participants have an important role in changing the opinion

/ stance of a sample in respect of mean differences (Tahseen, 2015). Therefore, research studies in the area of social sciences analyze the effect of demographic attributes on the participants' responses (Rustamadja & Zulkifli, 2018). It has been concluded from research studies that demographic profile of the sample can change the mean score in research variable.

### Conceptual Framework

The undermentioned conceptual framework has been extracted from the review of related literature. This conceptual framework describes the major variables involved in the study and their relationship with each other. Their association is then tested with the help of appropriate statistical test in the data analysis.



The present model suggests that socio-cultural factors can have an impact upon students' sports participation. Moreover, demographic profile of the participants can change the mean score of two groups i.e., male and female athletes regarding socio-cultural determinants of students' sports participation. The present model was then tested based upon the data collected from student-athletes participated in different sport events conducted by University sports directorate of both Public and Private Sector Universities of Khyber Pakhtunkhwa in the year 2018-2019.

### Materials and Methods

#### Research Design

Different research designs are used to assess the viewpoint and perceived experiences of the concerned population. In the present study, a cross-sectional survey research design was preferred to use for collecting the desired data for reaching at certain findings and conclusion. According to Gorard and Stephen (2013), sample survey is a common research design used to determine the stance and experience of human being, especially when the researchers intend to deal

with a massive population. Cross-sectional survey research design is one of the most frequently used methods for collecting required data in the social science studies in which the researcher gathers information through a direct contact with the respective population (Leedy & Ormrod, 2013).

### **Study Area**

The present study carried out in the province of Khyber Pakhtunkhwa previously known as North West Frontier Province (NWFP). The Khyber Pakhtunkhwa consists of (36) both public and private sector universities with a huge number of students participating in different sport activities. Main universities of the province, where adequate sport facilities are available and the students regularly participate in the sport activities were selected for the study.

### **Study Participants**

Population in research refers to all the pertinent aspects in a given circumstance, therefore the population may comprise all the human beings, objects and entire things of interest pertaining to the concerned research

(Fraenkel & Wallen, 2006). The population of the present study comprised all male and female student-athletes participated in the competitive sporting events conducted by the concerned Directorate of University in the Year 2018-2019.

### **Sampling Determinants**

It is mandatory that the obtained findings and conclusions must be authentic and effective. Therefore, it is important to select the appropriate number of participants. A sub-unit selected from the whole population from whom the researcher gather needed information is known as population, while the method of selecting a unit or group of people from the entire population is said to be sampling technique. Out of 778 student-athletes, a sample of (n=264; males; 176, females; 88) aging 21-25 was selected with the help of a stratified random technique from a probability sampling. In this regard, a formula of Yamene (2018) was used.

$$n = \frac{N}{(1 + Ne^2)} = \frac{778}{(1 + 778 * 0.052)} = 264$$

### **Research Instrument**

A proper self-developed questionnaire was developed and used

for gathering needed information. The research instrument comprised of two different sections. Section (A) refers to assessing the demographic characteristics of the participants, whereas section (B) consisted the socio-cultural determinants of students' sports' participation.

### Validity and Reliability

The preliminary version of the self-developed questionnaire was administered among experts and other experienced researchers in the Department of Sports Sciences and Physical Education, Gomal University, Dera Ismail Khan for content and face validity. All the changes and suggestions mentioned by the experts and research scholars were accordingly incorporated.

The incorporated questionnaire was then administered among 30 student-athletes having different socio-cultural and sport backgrounds for pilot testing. It is pertinent to mention here that the participants included in the pilot testing did not participate in the actual study. For estimating reliability of the questionnaire, Cronbach's' Alpha reliability method was used and the statistics were found at .898 which

is ranked as high reliability. Finally, a valid and reliable questionnaire consisted 21 items (9 items sport related and 12 items socio-cultural determinants) used for the collection of required data.

**Table = 1 Internal consistency (reliability) scores of the Questionnaire**

Cronbach's Alpha	Number of Items
.898	21

### Procedure for Data Collection

Prior to the collection of required data, a formal approval from the Departmental Supervisory Committee (DSC), Department of Sports Sciences and Physical Education, Gomal University, Dera Ismail Khan was obtained to conduct the survey in the sampled universities. The questionnaires were administered with the help of Lecturers of the concerned university, and the same were collected back on the spot to avoid wastage of time. A total of 264 questionnaires was administered among universities' student-athletes, however 260 questionnaires were received back. After exclusion of 04 spoiled questionnaires, 256 accordingly filled questionnaires were used in the data analysis.

**Data Analysis**

The collected data were analyzed with the help of both descriptive and inferential statistics. Descriptive statistics such as percentage, mean and standard deviation were used to describe the demographic characteristics of the respondents. Linear regression was applied to assess the socio-cultural predictors of university student-athletes towards their participation in sport. Pearson correlation was used to determine the relationship between socio-cultural determinants and students' sports participation. Independent sample t-Test was applied to find out the differences between the mean score of two different groups (males and females).

The aforementioned statistical tests were used considering the demand of the formulated hypotheses. The main purpose behind the use of above mentioned statistical tests were to obtain accurate and authentic results and conclusion.

The following sketch has been outlined that describe the procedural framework starting from the statement of the problem up to findings and conclusions obtained through analyzed data.

**Results**

**Table # 1:** Demographic Profile of the Respondents

Gender	N	Percent
Male Athletes	170	66.40 %
Female Athletes	86	33.60%
<b>Age (Yrs)</b>		
Male Athletes	170	24.40+6.28*
Female Athletes	86	23.42 + 5.03*

The above table is showing the gender-wise and age-wise frequencies and percentages of participants included in the survey.

**Table # 2:**

**H<sub>a</sub> 1** Socio-cultural determinants are significantly associated with students' sports participation. Pearson correlation showing the association of socio-cultural determinants and students' sports participation

		socio-cultural determinants	students' sports participation
socio-cultural determinants	Pearson-Correlation		-0.57
	Sig. (2-tailed)		0.03
	N	256	256
students' sports participation	Pearson-Correlation	-0.57	
	Sig. (2-tailed)	0.03	
	N	256	

**Significant at 0.01 (2-tailed)**

Pearson correlation was applied to find out the association between Socio-cultural dete-

minants and students' sports participation. The analyzed statistical inferences revealed negative moderate correlation between Socio-cultural determinants and students' sports participation ( $p: 0.03, r: -0.57$ ).

**Table # 3:**

**H 2** Sports participation is negatively explained by socio-cultural determinants.

A Linear regression model showing the influence of predictor upon criterion variable

Testing Variable	R	R2	Adjust: R2	Std. Err	Beta	T	Sig.
Sports Performance	.612	.375	.372	.53709	-.612	-11.164	.000

**Significant at .05**

The second hypothesis was about the negative impact of socio-cultural determinants on the students' sport's participation. The results show that socio-cultural determinants are responsible for 38% of change in criterion variable. The table also depict negative relationship between the independent variables and dependent variable ( $r= -0.57$ ). The ne-

gative relationship means that if social determinants is not overcome then there is chances of increase in the effect upon female sport's participation. Therefore, the hypothesis is accepted.

**Table # 4:**

**H<sub>a</sub> 3** Male and female student-athletes have different score on socio-cultural determinants of students' sports participation.

Independent Sample t-Test is showing the difference on socio-cultural determinants of students' sport's participation.

Testing Variable	n	Mean	Std. D	Df	T	Sig.
Females	86	3.52	.521	256	5.439	.000
Males	170	2.98	..646			

The above Table shows that the mean of the female athletes was 2.52 and standard deviation, .521 the mean of male athletes was 2.98 and standard deviation was .646. The mean of female athletes was greater than the mean of male athletes, which indicates that the female athletes feel higher effect of socio-cultural determinants upon sports participation compared with male athletes. The  $t(256) = 5.439, P < 0.05$  indicates the above hypothesis is hereby accepted.

## **Discussion**

The present research aimed to identify socio-cultural determinants of students' sports' participation at university level of Khyber Pakhtunkhwa. The main four determinants identified (parental constraints, societal constraints, religious beliefs and cultural beliefs) are collectively termed as socio-cultural determinants. It can be said that the factors that appealed to the students' sports participation were influential pertaining to the participation, development and promotion of sport among students at university level.

The hypothesis that Socio-cultural determinants are significantly associated with students' sports participation is confirmed by data analysis. The present study confirmed the findings about the negative moderate correlation between Socio-cultural determinants and students' sports participation. The results lead to similar conclusion where Momoh (2017) revealed that in many school student parents usually frown at their wards engaging in sporting events. He further demonstrated that student parents in my school prohibit their wards from taking part in sport as it is

against their belief in religion. This result ties well with previous studies wherein researchers demonstrated that parental concerns like parental lack of knowledge, interest and financial support are influential determinants in the perspective of students' participation in sport (Rintaugu, Mwangi, & Bailasha, 2013; Suleman, Singh, & Zeeshan, 2014). Contrary to the above finding, one study revealed that parents' education is significantly correlated with students' sports participation (Ifedi, 2008).

The hypothesis that sports participation is negatively explained by socio-cultural determinants are also confirmed by the analyzed data. When assessing the responses of student-athletes regarding the four determinants a) parental constraints, b) societal constraints, c) religious beliefs and d) cultural beliefs, all shows that athletes admitted the effect of these factors upon their sports' participation. Overall, these findings are in accordance with findings reported by Bibi, Khan and Khan (2016) that the religious values had affected the sport. The religious beliefs of eminent scholars have greatly influenced sporting practices, especially in the

Khyber Pakhtunkhwa province. Study results showed that lack of appropriate argumentation in the Islamic teaching perspective regarding participation in sport hindered the participation of female folk in sport. A similar conclusion was reached by another study that revealed a significant influence of parental constraints upon students' participation in sport activities at secondary school level Islam, Khan, & Khan, 2016.

From the results, it is clear that the increase in socio-cultural determinants has contributed to the decrease in sport participation as well as an increase in threat to sport arena. Safe and conducive environment are imperative to participation, development and promotion of the sport. With the increase in these socio-cultural determinants, more and more problems are facing our community members in general and students in particular. This increase in the problems has contributed to a massive decrease in sport participation, masses becomes sedentary, increased physiological and psychological disorders and has contributed to an idle society.

Policy makers are continuing to assess the quality of sport, and researchers in the field of physical education and sport are working to find ways to combat the impediments in the way of sport participation. In the future, we hope that this research will lead to overcome the socio-cultural constraints in our safe and quality sport. If we cannot combat the effect that various socio-cultural factors have on sports participation, our sport arena will surely threaten to unbearable loss. It is suggested that more research is needed to develop and promote sport in our country by considering various factors influencing participation in sport.

### **Conclusion**

The present research aimed to identify socio-cultural determinants of students' sports participation at university level of Khyber Pakhtunkhwa. Based on a quantitative analysis of students-athletes in response to socio-cultural determinants, it can be concluded that parental constraints, societal factors, religious beliefs and cultural beliefs are important determinants to consider when participating, conducting, devel-

oping and improving the sport. The result indicated that stakeholders, i.e, parents, teachers and eminent scholars are more receptive to image portraying of sport. Based on these conclusions, policy makers should consider the provision of proper awareness among stakeholders regarding the benefits of sports participation. One of the drawbacks of the present analysis was that, geographically, the researchers limited his analysis to a Khyber Pakhtunkhwa. Extending data by including certain geographical and socio-economic areas of the country is hoped to provide better results that could aid in statistically analyzing the socio-cultural determinants of the participation of students in sport. The present research was performed by having students who studied at university level. The researcher is hopeful that the reputation of potential work in this field will be strengthened by incorporating certain types of students such as, schools and colleges. Additionally, having broad sample sizes of the participants would also yield stronger outcomes that could substantiate the socio-cultural determinants of university-level student sport participation.

### **Policy Implications**

A through literature of the present study has confirmed the role of sport in human lives irrespective of gender. Henceforth, the findings can help to increase the female sport participation, especially in the conservative societies of Khyber Pakhtunkhwa.

The findings of the study revealed a remarkable role of sport in the overall development of students, hence; the sport could be regarded as an integral part of any Pakistani educational institution.

The findings of the study described that female were less likely to take part in sport. This finding can attract the attention of parents, teachers and policy makers to increase the ration of female participation in sport.

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