

The Effect of Physical and Cultural Condition on Female Participation on Sports in Adola (Ethiopia)

Mr. Guta Shuguti Gutema

Lecturer
BuleHora University
Ethiopia

Prof. Rakesh Dubey

Professor
BuleHora University
Ethiopia

Abstract: The study had been conducted for the purpose of finding out the “The Effect Of Physical And Cultural Condition On Female Participation On Sports Inadola (Ethiopia)” The inner most intention of this study was to investigate the factors that affect the participation of female in sport in Adola College of teachers Education. The study was mainly designed to answer the following basic research questions:-

- How Physical factors are influence the participation of female students in sports?
- What is the effect of family on the participation of female students in sport?
- What possible solutions should be carried out by physical education teachers to solve the problem?

In order to answer these questions, the data were gathered through questionnaires, interview and observation checklist from 300 female students of the college, 30 teachers of the college and 5 college administrators.

The data obtained from the above sources were analyzed by using percentage and descriptive statements. At last, on the bases of review of related literatures and analyzed data, the following main findings were obtained from the study.

- The study also indicated that 20 (66.67%) of the respondents replied that the participation of female students in co-curricular activities and sport competition was low
- It was revealed that 67.67% of the female students’ parents were not providing available sport material for their students to participate in sport activities.
- The study also indicated that 67% of the male students show superiority in practical exercise. For this reason female students have not get equal chance to participate in sport.
- At the time of menstrual cycle 83.67% of the female students were not participated in practical activities.

This natural problem is the most factor that hindering the participation female students in this sport.

- The findings of the study revealed that 59% of the respondents believed that lack of time because of house hold work was the major factor that hindering the Participation female students from volleyball sport.
 - From the study, 66.67% of the respondents believed that being seen by sport tights and shorts were the other cultural factors that hindering the participation of female students in volleyball sport.
-

Introduction

Physical exercise and athletic training have become an important part of many women’s lifestyles. Thirty years ago, young women and girls were discouraged from participation in such activities. Although boys were expected to participate in athletic training, girls were encouraged not to be too physically active or competitive in game and sports. Underlying this attitude was the basic belief that female reproductive function might somehow be damaged by too much exercise, especially during menstruation. The beneficial effect of physical fitness on the cardiovascular, musculoskeletal and metabolic systems is now well recognized for both men and women, and regular exercise has become an important component of healthful lifestyle. However, the increasing participating of women in athletic training programme has again brought attention to the effect of exercise on reproductive function.¹

During the 1950s and the 1960s, physical education at the elementary level experienced tremendous growth. Today, many physical education programs emphasize overall fitness, referred to as wellness, as well as skill development. However, since the 1970s the number of schools offering daily physical education has

drastically decreased. The 1995 statistics from the Centers for Disease Control and Prevention (CDC) show a drop from 43 percent in 1991 to 25 percent in 1995. The study sought to gain the teachers' experiences on issues regarding curriculum, pedagogy and administration of PE challenges facing PE are similar across countries programmers in college. From these experiences the study identified best practice in college PE.

Selection of Subjects

The study had been conducted for the purpose of finding out the "The Effect of Physical and Cultural Condition on Female Participation on Sports in Ethiopia" The data for this study was collected basically from primary source. The primary data sources were students, teachers and administrators. The population of this study was all female students those attending their Education at Adola College of Teachers' Education Adola Ethiopia. The college has 1200 female students in this year (2017).

The survey method would be used to gather information on the factors that affecting the participation of female students in sport in Adola College of Teachers Education which contributes for improvements of female students' participation sport. To gather final data, the questionnaires were distributed to the selected respondents with the brief orientation about the purpose of the study and serious follow up was made collaboratively with the researcher. The interview was treated by adjusting the convenient time and place for respondents to guarantee the meaningfulness of the information obtained from the respondents. The researcher distributed a total of 300 questionnaires for the female students, 30 for the college teachers. Yet, 330 (100%) questionnaires that distributed among female students and college teachers were filled properly and returned. practical class observation was made in the college and the result was recorded on the observation checklist. Similarly, interview was conducted with 5 college administrators' staff with the help of structured interview guides 32 prepared. The data gathered from the students in Afan Oromo languages was translated to English language. Finally, the data collected through questionnaires has been coded, tallied, tabulated and prepared for the analysis purpose

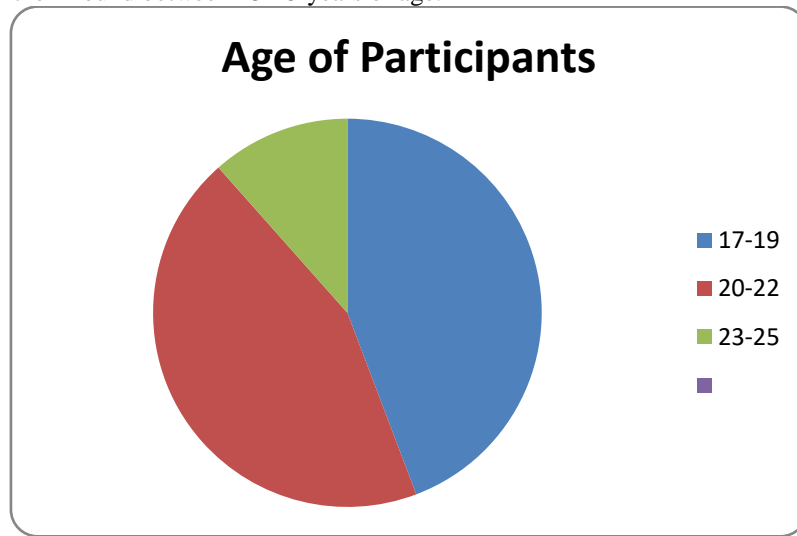
Analysis of Data

In the study, both quantitative and qualitative methods were used to analyze the information collected using different instruments from primary sources. The analysis of the whole study was interpreted, based on the nature of data collection method. The closed ended questionnaire employed for both teachers and students were analyzed through percentage in table and each table contains the item, the number and percent of respondents for each question. Likewise the interviewed data from those of the interviewees and the results obtained through observational check list was administered and described qualitatively.

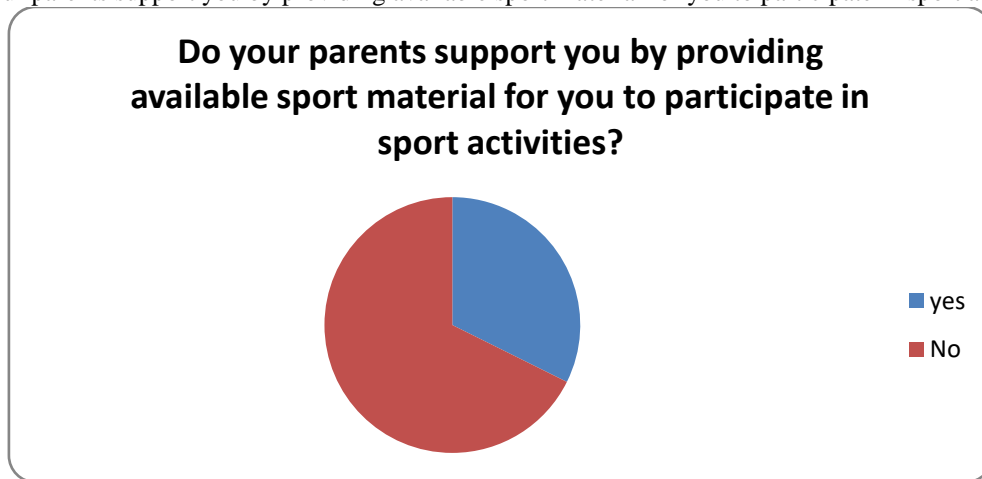
Analysis and interpretation of the data gathered through questionnaire, interviews and observation. The data was obtained from 300 female students, 30 teachers and 5 college administrators those gave sufficient information about the participation of female students in sport in the college. For the sake of easy interpretation and clarity of understanding the data have been presenting in the following section. Analysis of background information of female students, analysis of questionnaire response of students, analysis of back ground information of teachers, analysis of questionnaire response of teachers, analysis of interview response of the college administrators respectively. Finally, interpretation and discussion of field observation.

As mentioned already, 300 students and 30 teachers of the college had filled the questionnaire consisted of items age, work experience, sports materials, practice and challenges of female participation in sports and game. The responses to the above item and other issues have been independently treated and the following results were obtained.

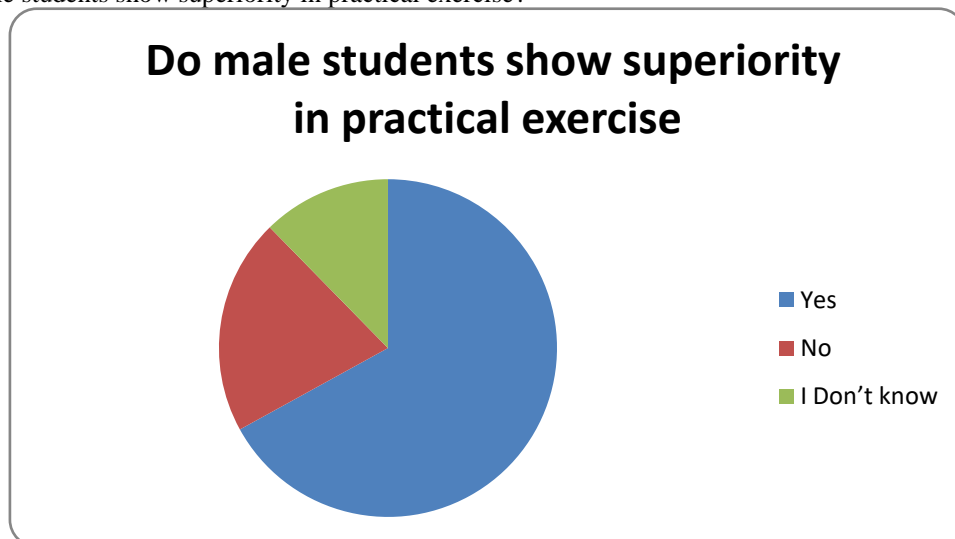
1- The sexes of the respondents", 300(100%) students were female. " 134 (44.67%) of students were found between 17-19 years of age. Similarly, 131(43.67%) of students were found between 20-22 years of age and 35(11.66 %) of them found between 23-25 years of age.



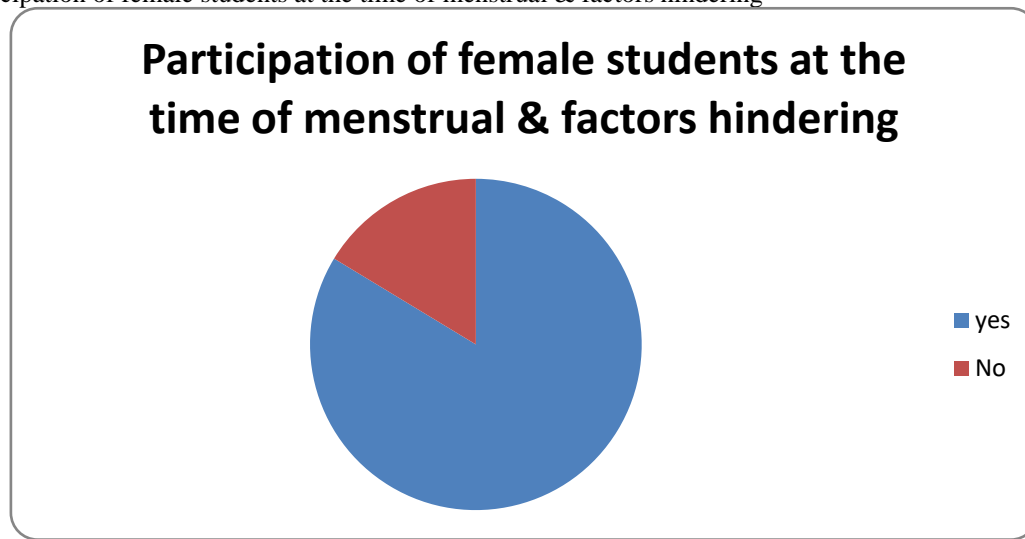
2- Do your parents support you by providing available sport material for you to participate in sport activities?



3- Do male students show superiority in practical exercise?



4. Participation of female students at the time of menstrual & factors hindering



Conclusion

Based on the above summary of the study, the following conclusions were drawn:

- At the time of menstrual cycle 83.67% of the female students were not participated in practical activities. This natural problem is the most factor that hindering the participation female students in sport.
- As the result obtained from study, more than 86% of all respondents believed that sensitizing college administrators, teachers, male peers, family and the society at large about the importance of female education in general and towards sport in particular as well as building the class for cloth changing were the best solution for the problem in the college.
- From the study, it was revealed that 67.67% of the female students' parents were not providing available volleyball sport material for their students to participate in sport activities

Recommendation

Standard field, sport equipment's and facilities should be constructed and produced by the concerning body.

- The training program should be well designed and organized in the college.
- The female students should get care from the concerned body while they are practicing in the college
- In every college the female students should get equal chance with their male counter parts in the participation of sports.
- At the time of menstrual cycle all female students should get motivation and support from all concerned body to come to sport activities.
- The parents should reduce the overload work in the house and give enough time for female students as well as initiating them to participate in sport.
- All the members of the communities should be tried to avoid the cultural factors that hindering the participation of female students in sports.
- At the last the perception given for sport should be equal always and everywhere with other sport.

Reference

- [1]. Thomas A. John. Dnugs, Athletes and physical performance in Smith Grace Carol and Raymond A .Dambroski on Reproduction Consequences of Athletic Training.
- [2]. Anthony Laker (2000) Beyond the Boundaries of Physical Education:
- [3]. Astrand., PO, Rhyming I., 1954. A nomogram for calculation of aerobic capacity (physical fitness) from pulse rate during submaximal work. J Appl Physiol 7:218-221.
- [4]. Babkes, M. L., and Weiss, M. R.(1999). Parental influence on cognitive and affective response in children's competitive soccer participation. Pediatric Exercese Science, 11, 44-62
- [5]. Baenninger, M., and Newcombe, N.(1989). The role of experience in spatial test performance: A meta-analysis. Sex Roles, 20, 327-344
- [6]. Baker. T.L.(1994).Doing Social Research (2nd ed.), Newyork: McGraW-HillInc. Best, J.W. & Kahn, J.V. (1993).Research in Education, New Delhi: Prentice-Hall of India Private Ltd.

- [7]. Best, J.W. & Kahn, J.V. (2003). *Research in education*. New Delhi: Prentice Hall PL.
- [8]. Bucher C.A. (1972). *Foundation of Physical Education*. The C.V. Mosby Co. New York.
- [9]. Buffer, J.A., Hyaams, A.L. and Carruthers, C.P. (1996). Differences in adolescent activity
- [10]. Buysse, Jo Ann M., Melissa Sheridan Embser-Herbert. "Construction of Gender in Sport: An Analysis of Intercollegiate Media Guide Cover photographs." *Gender and Society*. Ed. Jodi O'Brien. Thousand Oaks, CA: Sage Publications. 18.1(2008):66-81.Web.
- [11]. Cataldo, C., 1999. *Nutrition and Diet Therapy: Principles and Practice*, St. Paul: West Publishing Company, pp. 232-238.
- [12]. Charles a. Bucher (1975): *Foundation of Physical Education*. Seventh Edition Saint Louis Centers for Disease Control and Prevention. (2005). *GSHS: Global School-Based Student Health Survey*. Atlanta, GA: Centers for Disease Control and Prevention. Retrieved 26 June 2005 from <http://www.cdc.gov/gshs/index.htm>.