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## An Investigation on the Status of the Sports Infrastructure in the Degree Colleges of Sindh

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### ABSTRACT

This study investigates the status of sports infrastructure in Sindh's degree colleges, focusing on availability, accessibility, and condition. Physical activity has a significant impact on public health, and sports facilities make it easier to participate. While degree colleges are primarily intended for academic purposes, many also provide sports facilities that could benefit local communities. However, access to these facilities is frequently restricted due to poor maintenance, limited hours, and insufficient resources. This study looks into how these facilities are used by both students and local residents, identifying barriers to use and proposing improvement strategies. In this study used qualitative mixed methods, such as firstly Data collected through structured interviews and observations, secondly data analysis through thematical analysis, data collect from a diverse group of participants, including college. Principals, Director Physical Educations, District Sports Officers, and community members.

The findings show that the availability and condition of sports facilities varies across Sindh, with several colleges facing challenges due to underutilization and a lack of adequate management.

The study concludes with recommendations for improving the accessibility, maintenance, and community engagement of sports facilities, which can lead to better public health outcomes.

**Keywords:** sports infrastructure, public health, accessibility, Sindh, community engagement, degree colleges, sports facilities.

## INTRODUCTION

### 1.1 Background of the Study

Public health is an important component of societal wellbeing, involving not only individuals' physical health but also their mental and emotional well-being. Physical activity is one of the most effective ways to promote public health, having long been recognized for its numerous health benefits. Regular exercise is essential for lowering the risk of chronic diseases such as heart disease, diabetes, and obesity, as well as improving mental health, stress reduction, and enhancing quality of life. (Marquez, D. X., Aguinaga, S., 2020).

Sports facilities have become essential in promoting in public physical activity by providing safe and organized spaces for people to participate in sports and fitness activities. These facilities, particularly those located within educational institutions, play an important role in shaping healthy lifestyles for both students and local residents. (Mohd Aznan, E. A., Md Yusof, M. K., et, al 2024).

Differently in various areas, educational institutions such as degree colleges serve as critical hubs for sports infrastructure. These institutions prominently have the capacity to provide valuable resources for physical activity, but issues with availability, quality, and accessibility exist. Sports facilities in educational institutions, while potentially well-equipped, may not always be available to the local community due to factors such as restricted access, low public awareness, or insufficient maintenance resources.

The purpose of this study is to investigate these issues in the context of Sindh, a Pakistani province where the availability and accessibility of sports facilities in degree colleges can have a significant impact on the physical health of both students and the larger community. By examining the existing sports infrastructure in these institutions, the study hopes to better understand the barriers that local residents face in accessing and using these facilities. Furthermore, the study will evaluate the overall status of the sports infrastructure, identifying areas for improvement and proposing strategies to improve the accessibility and quality of these facilities for public use.

### 1.2 Significant of the Research

The significance of this study arises from its emphasis on the key role of well-developed sports infrastructure in promoting holistic students development, improving the well-being of local residents, and improving academic performance. Adequate sports facilities ensure equal opportunities for both students and the general public, promoting better physical health and overall fitness. The study emphasizes the importance of upgrading and expanding current sports

resources to ensure equitable access for all individuals. It also emphasizes the value of public-private partnerships in generating revenue for sports and ensuring financial sustainability. These collaborations have the potential to foster a thriving local sports environment, which benefits both students and the community. Legal frameworks are essential for facilitating these collaborations, improving local sports culture, increasing participation, and strengthening community engagement in sports activities.

### **1.3 Statement of the Research Problem**

The research problem addresses the lack of accessible sports facilities for the local community and the general public, particularly in the evenings, close to their homes. Furthermore, limited access to these facilities in the evening reduces their physical activity. If educational institutions, particularly degree colleges in Sindh, make their sports facilities accessible to the public, it could greatly encourage healthy physical activity among both students and community members. This study aims to look into the current structure of sports infrastructure in degree colleges across Sindh, as well as the potential benefits of making these facilities available to local residents, with the goal of promoting a healthier lifestyle.

### **1.4 Objectives of the Research Study**

1. Observe the status of sports infrastructure of Sindh Colleges.
2. Highlight the barriers that hinders in utilising the available facilities provided in colleges.

## **LITERATURE REVIEW**

The status of sports infrastructure in colleges has significant impacts for both students and the local community. The availability and accessibility of these sports facilities can improve public health by encouraging physical activity and community involvement. This literature review focuses on qualitative studies conducted through interviews and observations that investigate the availability and accessibility of sports facilities to the general public and local residents near educational institutions. It also looks into the condition of these facilities and how these factors affect the larger community.

### **2.1 Status of Sports Infrastructure**

This research aims to address a widely neglected aspect of infrastructure and its potential to promote healthier lifestyles in many developing countries, including Pakistan. Mustafina and Kaigorodova emphasize the importance of extensive sports infrastructure that serves a diverse population, including retirees, students, children, and the general public. Such infrastructure is essential to increasing participation in physical activities, promoting health and fitness, and assisting individuals with weight management. This emphasizes the importance of supporting different sports facilities that benefit the well-being of all community members. (Mustafina, A. A., Kaigorodova, G. N., et al., 2018)

Rosete and Candelon's examination of inadequate sports infrastructure, facilities, and equipment reveals a direct correlation between these shortfalls and poor performance in sports at all levels of competition. They explain that limited facilities and equipment make it difficult to offer a diverse range of sports activities, resulting in lower program quality and outcomes. This

highlights the essential need for investment in proper infrastructure to support a wider range of sports and improve overall performance. (Rosete, E. N., Candelon, Z. G., et al, 2022).

## **2.2 Utilize Educational Institution's Sports Facilities**

This literature review investigates the value of educational institution stadiums as community resources, particularly when these facilities are open to the public after school hours. Opening these sports venues for a variety of activities benefits not only educational institutions, but also increases resource utilization and contributes to local community economic development. In 2006, China launched a pilot program to open national educational sports venues to the public, with the goal of promoting social development and peace. However, the effort has encountered difficulties, owing to economic inequality between urban and rural areas as well as differences in the quality of educational institution infrastructure. The review recommends additional research to address policy gaps and ensure equitable access, ultimately trying to maximize the benefits of these sports. (*Yingdong, S. September, 2014*).

## **2.3 Local Community and Health**

Activity levels outside of schooling hours. Physical inactivity in youth is a major public health concern, linked to obesity and cardiovascular risks, and many adolescents do not meet recommended activity levels. According to research, living close to physical activity facilities such as parks and sports centers encourages more moderate-to-vigorous physical activity (MVPA). When educational institutions are conveniently located near residential areas, students are more likely to engage in daily physical activity. This review emphasizes the importance of assessing how the built environment around educational institutions influences after-schooling activities. The study's goal is to provide suggestions into promoting active lifestyles among adolescent girls in their spare time by assessing the availability of activity facilities within walking distance of educational institutions. (Trilk, J. L., Ward, D. S., et al, 2011).

## **METHODS AND MATERIALS**

### **3.1 Research Design**

This study was conducted in two distinct phases. In the first phase, the direct observation method was used to collect preliminary data on the college's sports infrastructure. In the second phase, in-depth interviews with 36 key informants were conducted, and the resulting data was analyzed to gain a better understanding of the current status of sports infrastructure.

### **3.2 Population of the Study**

The study's population included from six different regions of Sindh. These included sports participants, Principals, Directors Physical Education, District Sports Officers, and members of the general public. The study focused on participants from the following six regions in Sindh: 1. Shaheed Benazir Abad Region. 2. Mirpur Khas Region. 3. Hyderabad Region. 4. Karachi Region. 5. Sukkur Region. and 6. Larkana Region.

### **3.3 Sampling and Demographic Details**

The Director of Physical Education and the Principal of each concerned college collaborated on this study, which visited various colleges throughout the Sindh district. To ensure a

representative sample, a convenience sampling technique was used. The study included 6 Principals, 6 Directors of Physical Education, and 6 District Sports Officers. These individuals were chosen based on their administrative or sports management experience, as well as their interest in promoting healthy sports and physical activities. Participants were also required to be actively involved in sports at the local, national, or international levels.

Furthermore, 18 interviews were conducted of local resident's public of from across Sindh, all of whom have an interest in healthy sports and physical activities. These individuals, like the key informants, were required to have participated in sports at the local, national, or international levels. This diverse set of interviews ensured that a wide range of perspectives on the status of college sports infrastructure were captured, resulting in a comprehensive understanding of the current situation.

### **3.4 Data Collection Tool and Procedure**

Data for this study were collected from interviews, with prior permission from the principals and participants. A total of 36 interviews were conducted with participants for "An Investigation on the Status of Sports Infrastructure in Degree Colleges of Sindh." During the interviews, participants discussed their experiences and perspectives on the lack of sports participation among students and local residents, as well as their ideas for promoting sports in the study area.

Directly observe participants' facial expressions, feelings, and body language while providing feedback. This method is non-statistical and focuses on qualitative data. In qualitative research, data is gathered through interviews, coded, and analyzed using thematic analysis.

After obtaining permission from the college principals, data were gathered through a structured interview process. Before the interviews began, all participants were informed that a tape recorder will be used to record the conversations for research purposes. It was also stated that their identities will be stay confidential, and all demographic information strictly protected.

**Table 1: Demographic Information**

<b>S. No</b>	<b>Variable</b>	<b>Sub-variable</b>	<b>Frequency</b>	<b>Percentage</b>
1	Gender	Male	06	16.66
		Female	30	83.33
2	Education	M Phil	00	00.00
		Master/MA/MSc	28	77.77
		Bachelor	04	11.11
		Intermediate	04	11.11
3	Status	Principal	06	16.66
		Director Physical Education	06	16.66
		District Sports Officer	06	16.66
4	Age of Principal	Public	18	50.00
		25-30	00	00.00
		31-35	00	00.00
		36-40	00	00.00
		41-45	00	00.00
		45 up to	06	16.66
5	Age of Director Physical Education	18-24	00	00.00
		25-30	00	00.00
		31-35	01	02.77
		36-40	01	02.77
		41-45	02	05.55
		45 up to	02	05.55
6	Age of District Sports Officer	21-24	00	00.00
		25-30	01	02.77
		31-35	04	11.11

		36-40	01	02.77
		41-45	00	00.00
		45 up to	00	00.00
7	Age of Public	16-20	01	02.77
		21-24	02	05.55
		25-30	04	11.11
		31-35	04	11.11
		36-40	02	05.55
		41-45	03	08.33
		45 up to	02	05.55
8	Language	Urdu	12	33.33
		Sindhi	12	33.33
		Panjabi	09	25.00
		Balochi	01	02.77
		Saraiki	02	05.55

### 3.5 Analysis Procedure: Thematic Analysis

Thematic analysis is a popular method of analyzing qualitative data. It is a flexible and approachable method for researchers to understand complex societal issues. This method is especially useful for beginners or those who are unfamiliar with more complex qualitative research methods. Thematic analysis is a fundamental approach in qualitative research for identifying, describing, and interpreting complex issues in society, politics, or culture (Virginia & Victoria, 2006).

In this study, thematic analysis was used to analyze data gathered through interviews. Respondents discussed their experiences, challenges, and suggestions regarding the status of sports infrastructure in degree colleges. Thematic analysis enables researchers to identify key patterns and themes in data, which aids in understanding the underlying meanings of participants' responses.

Thematic analysis involves several key steps. According to Braun & Clarke (2006), the first step is for researchers to become familiar with the dataset by reading and rereading the transcripts. The second step highlights significant words and phrases, known as "codes," that represent important ideas or concepts. In step three, researchers organize the codes into larger themes or categories. Step four is to review the identified themes to ensure that they accurately reflect the data. In step five, researchers define and name the themes to help the analysis be clearer and more structured. Finally, in step six, the researcher interprets the themes and reports on the findings, making connections between the themes and the objective of the study. (Braun & Clarke, 2006).

Thematic analysis uses a systematic approach to reduce data complexity by organizing it into meaningful themes. These themes are then explained and supported by relevant literature, providing a more in-depth understanding of the research topic. qualitative data, providing valuable insights into the topic under consideration.

**Table-2: Step by Step Process of Thematic Analysis of Qualitative Data**

Step No.	Step of Analysis data	Process of Analysis data\Interview\ Observation
1	Familiarization with the Data	1. Read the entire dataset thoroughly (e.g., interviews, focus groups, surveys). 2. Take initial notes and reflect on the data. 3. Revisit the data multiple times to gain a deeper understanding of its content
2	Generating Initial Codes	1. Identify meaningful segments or patterns in the data. 2. Label these segments with concise codes that describe their content. 3. Ensure codes are relevant and cover all parts of the data.
3	Searching for Themes	1. Group similar codes together. 2. Look for broader patterns or ideas that link multiple codes. 3. Create potential themes by organizing these grouped codes into overarching categories.
4	Reviewing Themes	1. Review the themes in relation to the entire dataset to ensure they accurately reflect the data. 2. Modify, combine, or discard themes as necessary. 3. Refine the themes to ensure they are distinct and comprehensive.
5	Defining and Naming Themes	1. Clearly define each theme by describing its meaning and scope. 2. Assign a precise and informative name to each theme.



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6	Writing the Report	<ol style="list-style-type: none"><li>3. Ensure each theme reflects the key insights or patterns from the data.</li><li>1. Present a detailed report of the themes and their meaning.</li><li>2. Use direct data examples (quotes, excerpts) to support the identified themes.</li><li>3. Explain how the themes contribute to answering the research question or addressing the study objectives.</li></ol>
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## FINDING AND DISCUSSION

### 4.1 Findings

The researchers used a mixed methods approach, including direct observation and in-depth interviews. While observing the college sports facilities, they conducted interviews with key informants. During the direct observation, a diary was kept to document the factors that hindered public participation, and these issues were discussed during the interviews. Human behaviors and surrounding materials were among the factors observed. Qualitative observation was used to gain insight into the facts, behaviors, and perspectives of those involved. In addition, photographs and videos were taken to help with the detailed analysis.

The researchers observed the Principal, Director Physical Education, District Sports Officers, and members of the public to better understand their attitudes toward public participation in sports. They also observe the condition of sports materials, infrastructure, and equipment, as well as the playing surface. Athletes require sports infrastructure, facilities, equipment, a supportive sporting environment, and other basic amenities. The researchers visited sports grounds that had been severely neglected, with uneven surfaces, overgrown grass, and high bushes, with the help of staff from the vibrant Government Degree College in Sindh. Seating arrangements for spectators and players, changing rooms, sports equipment, and even drinking water for athletes were discovered to be unavailable, as were safety and security measures.

The researchers observed the behavior of the Principal and Director Physical Education's at government colleges in Sindh and materials of colleges revealed two major issues. first, physical and human barriers to sports participation, and second, a lack of adequate sports facilities and infrastructure. Mismanagement, a lack of coordination, insufficient manpower, and personnel irresponsibility were all causes for concern. Furthermore, the indoor and outdoor sports facilities appeared to be underutilized or multipurpose, resulting in a lack of emphasis on designated spaces for specific sports. Furthermore, sports facilities were severely limited, with all colleges lacking playgrounds, proper equipment, and sportswear.

In addition to direct observations of these factors, researchers conducted in-depth interviews, transcribed them, and analyzed them using a thematic strategy. Some of the key themes that emerged from the empirical evidence are discussed below, along with some relevant interview quotes.

### 4.2 Sports Facility and Management

Sports facilities must be managed carefully to ensure that they are safe, accessible, and well-maintained. Proper management entails planning, organizing, and overseeing the operation of

sports facilities to ensure that they meet the needs of users. In this context, effective sports facility management promotes increased participation in physical activities, resulting in improved health and fitness. When sports facilities are well-maintained and accessible, they encourage students and the community to engage leads to improved more physical activities, public health.

However, the interviews revealed several challenges in managing sports facilities. One major issue is the shrinking availability of space for athletic activities. According to a 57-year-old principal from Mirpurkhas he stated that,

*“sports facilities are rapidly shrinking due to the involvement of higher authorities and the government, which is why Safe Schools, Peoples Program Schools, Educational Boards, Universities, and other institutions have occupied the grounds and built their campuses and offices.”*

This reveals how urbanization and rising demand for space are limiting the availability of public sports facilities. As cities grow, more land is required for development, leaving less venue for recreational activities. According to (Byrne & Sipe.2010), this problem is widely observed in urban areas, where the shrinking of public spaces limits residents' opportunities to participate in sports and physical activities. (Byrne, J.; Sipe, N. 2010). Another critical issue was the lack of focus on female sports facilities. A district sports officer in Larkana stated,

*“we are not paying so much attention to their sports; the government should manage their grounds separately, including their privacy, and keep female coaches for them to continue their sports safely.”*

This statement emphasizes the importance of gender-sensitive facility management, which protects the privacy and safety of female participants. According to Brady, women are more likely to participate in sports if they have access to dedicated spaces and support from female coaches who understand their unique challenges. (Brady, M. 2005).

Furthermore, a director of physical education from Hyderabad brought up the issue of weather conditions, saying,

*"In the summer, the intense heat often discourages people from participating in sports. However, in the winter, participation increases as more people come out to play. However, as winter evenings quickly turn dark, the lack of adequate lighting poses a significant challenge. There are currently no special lighting arrangements”*

This statement emphasizes the importance of lighting arrangements in making sports facilities accessible in the evenings and under low light conditions. According to (Himmelstein, Liu), effective lighting is critical for both safety and performance because it allows athletes to practice and compete in safe environments, particularly during the winter months when daylight is limited. (Himmelstein, D., Liu, Y., et al, 2021).

Effective management of sports facilities is critical for making them enjoyable, safe, and functional. The urbanization of spaces and the lack of dedicated areas for female athletes are significant barriers to increased participation. Colleges must address these issues by ensuring that

sports facilities are well-maintained, accessible, and designed to accommodate all user groups, including women. Furthermore, providing adequate lighting and designing spaces that are protected from harsh weather will help keep these facilities in use all year.

Sports facilities rely on effective management and maintenance to ensure their long-term viability. To ensure that sports infrastructure remains functional and accessible, challenges such as urbanization, a lack of space, and an insufficient focus on female sports facilities must be addressed. Addressing these issues will benefit not only students, but will also encourage community participation in physical activities, resulting in a healthier society.

### 4.3 Maintenance of Sports Facilities

Maintenance is a critical component of ensuring that sports facilities remain in good condition and serve their purpose. Without proper maintenance, sports venues become uncomfortable and lose functionality, resulting in decreased participation. The study emphasizes the importance of maintenance in ensuring that sports facilities in Sindh's degree colleges are safe, inviting, and easily accessible to both students and the community.

According to the interviews, sports facilities face significant challenges due to insufficient funding and a lack of regular maintenance. A Larkana director of physical education explained,

*"Due to a lack of funds and proper maintenance, sports equipment and grounds deteriorate and become permanently damaged."*

This quote demonstrates how a lack of financial resources can prevent necessary maintenance and result in the deterioration of sports facilities. When institutions cannot afford regular maintenance, facilities become unfeasible, reducing the overall quality of sports services. As (Mvula) points out, "a lack of funding can lead to the decline of grounds and courts," rendering them unsafe and unusable. (Mvula, V. 2024).

Without consistent maintenance, sports grounds become unusable, reducing participation levels. Similarly, a principal from Karachi stated,

*"We have no regular maintenance of sports facilities." Water accumulates on the grounds during the rainy season and remains there for months due to poor drainage."*

This describes the issue of water accumulation and a lack of drainage systems, particularly during the rainy season. Without regular maintenance to resolve such issues, sports fields can become unsafe and damaged, making it difficult to use them for athletic activities. (Ariannezhad & Wu. 2019) emphasize this point, and said that poor maintenance during the rainy season can cause long-term damage to playing surfaces, resulting in perilous conditions for users. (Ariannezhad, A., & Wu, Y. J. 2019).

The government plays an important role in ensuring the long-term viability of sporting infrastructure. Regular investment in maintenance and facility upgrades is required to keep them operational. According to Ferguson (2022), "The government's sustained investment in facility maintenance is essential for ensuring the long-term accessibility of sports services." The

government must prioritize funding for sports facility maintenance, as it has a direct impact on public participation and community health outcomes.

The poor status of sports facilities in Sindh's degree colleges highlights the need for a systematic and long-term approach to facility maintenance. The lack of funds and trained maintenance personnel are significant barriers. However, with government involvement and adequate budgeting for facility maintenance, these issues can be addressed. Regular maintenance keeps the facilities safe, clean, and inviting, which encourages more people to participate in sports.

#### **4.4 Observation of Sports Facilities in Sindh's Degree Colleges**

The availability and quality of athletic programs have a significant impact on student health, social engagement, and academic performance. Observations of sports facilities in Sindh's degree colleges reveal a number of significant issues, including underutilization of available space and a lack of dedicated infrastructure for specific sports.

*“One of the study's key observations is that degree colleges in Sindh lack adequate sports infrastructure. Many institutions have large open spaces that are underutilized for sports activities. The lack of game-specific grounds and facilities for walking or jogging was a major issue identified during the research.”*

According to (Wali, Nazeer), when students have access to well-maintained sports facilities, they are more likely to participate in physical activities, which leads to better health and academic performance. (Wali, R., Nazeer, M. T., et al. 2021).

*“During the study observed the lack of a structured plan or timetable for physical activities in colleges. College administrations frequently fail to establish a regular sports schedule, leaving both students and the surrounding community without organized sports events or physical fitness programs.”*

This lack of planning outcomes in a missed opportunity to engage students and the general public in physical activity, which contributes to sedentary lifestyle. According to (Momoh), the lack of a clear and scheduled timetable for sporting activities can result in low participation among students and community members. Regular participation in sports activities helps students develop physical endurance and team spirit, preparing them for academic and real-world challenges one and the same. (Momoh, D.M. 2014).

*“The study also notes that, while there is a national policy aimed at improving sports performance through sports infrastructure development, local governments and educational institutions frequently fail to effectively implement these policies. Sindh's Provincial Government recently constructed new buildings on the sports grounds of various colleges, including the Government Girls Degree College Shahpur Chakar. These buildings take up space that was previously designated for sports activities, limiting the opportunities for students and the community to participate in physical activities.”*

(Ogbah) stated that even when governments allocate funds for sports infrastructure, the actual implementation can be difficult due to mismanagement and insufficient planning. (Ogbah, J.P. 2022).

The lack of specialized sports infrastructure and underutilization of available spaces are significant barriers to promoting physical activity in Sindh's degree colleges. Poor planning and construction practices have also contributed to a lack of dedicated sports facilities. However, with better planning and utilizing of open spaces, institutions can increase the availability of sports facilities, making them more accessible to students and the general public.

The literature review suggests the benefits of sports activities and facilities in educational institutions, with a focus on the positive effects on students, faculty, and local residents. It emphasizes how sports can improve physical health, mental well-being, and overall quality of life. The review emphasizes sports' importance in promoting long-term health and fitness, not only by improving physical conditioning but also by lowering stress, increasing mental resilience, and improving cognitive function. Furthermore, it emphasizes the importance of providing accessible sports facilities as a means of cultivating a healthier, more active community within educational settings, which benefits both the institution and the surrounding community. (Lower, L. M., Turner, B. A., et al. 2013).

The study emphasizes the importance of a collaborative effort among government agencies, educational institutions, and local communities to address sports infrastructure difficulties. Sindh can improve its sports culture by emphasizing funding, regular maintenance, and the creation of inclusive sports spaces, which will benefit both students and the general public. Finally, there is a need for a major change in how sports infrastructure is planned, implemented, and maintained in order to promote a healthier, more active society.

## **CONCLUSION AND RECOMENDATION**

### **5.1 Conclusion**

This research investigates the status of sports infrastructure in degree colleges across Sindh, with a particular emphasis on the challenges associated with sports facility and management, sports facility maintenance, and observational analysis of sports facilities in Sindh's degree colleges. The findings highlight significant issues with the management, maintenance, and overall use of sports facilities in these institutions. By analyzing key themes and observations, this research focus light on the factors impacting the effective use of sports infrastructure and proposes potential solutions to improve things.

The first theme, Sports Facility and Management, focuses on the significant challenges of organizing and operating sports facilities in Sindh's degree colleges. Respondents cited a lack of proper planning and management for these spaces, which has resulted in their underuse. A Mirpur Khas Principal stated, "Our sports facilities are rapidly shrinking due to the involvement of higher authorities and the government." As a result, schools and educational institutions have occupied the land to construct campuses and offices. This statement emphasizes the issue of land acquisition for institutional expansion, which reduces available space for sporting activities.

The second theme, Maintenance of Sports Facilities, emphasizes the poor repairs of sports infrastructure, which has a direct impact on their accessibility and safety. Respondents noted that without regular maintenance, sports equipment and fields deteriorate, exposing them unsafe and useless. A Larkana Director Physical Education explained, "Due to a lack of funds and proper maintenance, sports equipment and grounds deteriorate and become permanently damaged." This

quote clearly demonstrates the role of insufficient funding and poor maintenance practices in making sports facilities completely useless.

The Observational Analysis of Sports Facilities in Sindh's Degree Colleges provides a comprehensive picture of how sports facilities in these institutions are underutilized due to issues with management and maintenance. The study observed that many colleges have open spaces or sports fields that are frequently left unused, due to ineffective infrastructure and management. Even when spaces are available, they are not well-maintained or easily accessible outside of schooling hours, limiting their use by both students and the general public.

For instance, the lack of a structured timetable for sports activities, as well as the absence of dedicated staff to oversee and organize sports events, contribute to the facilities' underutilization. Many colleges fail to engage local communities or students outside of academic hours, resulting in wasted potential for these sports facilities. Furthermore, poor management and maintenance prevent many facilities from reaching their full potential, reducing student and community participation in physical activities.

Finally, the study identifies several critical issues that require immediate attention to improve the status of sports infrastructure in Sindh's degree colleges.

The Sports Facility and Management theme demonstrates how poor planning and a lack of proper management hinder the use of available space. The Maintenance of Sports Facilities theme emphasizes how inadequate maintenance causes facilities to deteriorate, making them unsafe and unpleasant to use. The Observational Analysis demonstrates how these issues contribute to underutilization of sports facilities, limiting opportunities for students and local communities to engage in physical activity.

To address these challenges, the study suggests that educational institutions improve their management strategies, allocate adequate maintenance resources, and develop structured schedules for sports activities. Furthermore, addressing gender equality in sports facilities and ensuring regular maintenance will make these areas more accessible and welcoming to a wider range of users. Overall, better management and maintenance of sports facilities is essential in evaluating physical activity, improving public health, and increasing community engagement in Sindh's educational institutions.

## **5.2 Recommendations**

1. Educational institutions must provide adequate funding to upgrade and maintain athletic facilities. Investment should be directed toward both infrastructure development and efficient management systems to ensure that facilities are available not only to students but also to the general public.
2. It is critical to hire qualified and trained personnel to supervise sports activities, scheduling, and safety. Specialized personnel should be assigned to manage women's sports programs, ensuring equal opportunities and safe, supportive environments for female athletes.

3. Create a regular maintenance schedule for sports facilities to ensure timely repairs and upkeep of equipment, playing fields, and drainage systems. Regular maintenance is required to ensure the functionality, safety, and usability of these facilities.
4. Educational institutions should work with local governments, organizations, and community stakeholders to share resources and secure sponsorship. This will help institutions reduce their financial burden while also ensuring the long-term quality and operation of sports facilities.
5. To make the best use of open spaces, of educational institutions should implement structured schedules that define these areas for both sports and community activities. Proper planning about available spaces and schedules will lead to increased participation and better utilization.

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