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POVERTY'S IMPACT ON YOUTH SPORTS PARTICIPATION IN BALOCHISTAN: A COMPARATIVE STUDY OF GENDER AND LOCALITY

Asifa Naheed^{1*}, Prof. Dr. Salahuddin Khan², Dr. Muhammad Aslam³, Dr. Muhammad Imran Khan⁴

1.Assistant Professor of Sports Sciences, Higher Education Department, Punjab, Pakistan
naeedasifa@gmail.com (Corresponding Author)

2.Professor/ HOD, Department of Sports Sciences and Physical Education, AlHamd Islamic University, Islamabad campus ,hod.sspe@aiu.edu.pk

3.Lecturer, Health & Physical Education, Government College of Physical Education, Quetta.
muhammadaslam1987@yahoo.com

4.Deputy Director, Sports Higher Education Khyber Pakhtunkhwa
mik.kba@gmail.com

ABSTRACT:

This study investigates the influence of poverty on teenage sports participation among college & school students in Balochistan, Pakistan, with a focus on gender differences and locality perceptions. A total of 822 students (511 males and 311 females) were surveyed using a structured questionnaire that included Likert scale items to assess their perceptions. The findings reveal that poverty significantly influences sports participation, as indicated by the responses of male students, where 76.95% agreed that poverty causes less participation in sports activities. Although the data suggests a consensus on the negative effects of poverty, statistical analysis (t-tests) indicates no significant differences in perceptions based on gender ($t(822) = -0.533$, $p > 0.05$) or locality ($t(822) = -0.422$, $p > 0.05$). This highlights a shared understanding among male and female students, as well as rural and urban participants, regarding the challenges posed by poverty. The results emphasize the need for targeted interventions to enhance youth sports participation in Baluchistan, advocating for improved access to sports facilities and financial support for underprivileged youth.

Keywords: Youth sports participation, poverty, gender differences, rural vs. urban, Baluchistan.

INTRODUCTION:

Poverty is a widespread problem that impacts various aspects of human life, including physical health, mental stability, and social relationships. According to Harrell (2000), poverty can result in numerous negative consequences, such as feelings of fear, hatred, and low self-worth, as well as cruel behavior, harassment, social conflicts, and emotional distress. In recent years, researchers have focused on the connection between poverty and youth participation in sports. Sports are a valuable tool for promoting physical fitness, mental well-being, and social growth. Sports participation also offers opportunities for social mobility, enabling young athletes to pursue professional careers or secure scholarships to educational institutions. However, socioeconomic factors often restrict access to these opportunities. Young people from impoverished backgrounds face significant obstacles, including financial difficulties, lack of facilities, and social exclusion. The relationship between sports and poverty is complex. Lintner (2010) notes that this connection has gained recognition in academic and policy discussions. Poverty significantly affects sports participation in both developed and developing countries, potentially hindering or facilitating participation. While developed countries have better sports infrastructure, low-income families struggle with costs like equipment, travel, and membership fees. In developing countries, basic sports facilities and programs are often severely limited, exacerbating challenges faced by disadvantaged youth. The correlation between sports and poverty is clear, with poverty frequently acting as a barrier to participation. Nevertheless, sports can empower individuals and communities, promote social inclusion, and provide economic opportunities. Understanding this dynamic relationship requires considering various social, economic, and cultural factors that influence access to sports participation.

Due to the economic barriers and poverty, most of the talented children found in our country cannot participate in sports activities. In many instances, a prepared sports team requires not only the right facilities and quality equipment but also proper schooling, coaching, and occasionally travel, all of which can be costly. Many households are trying to come up with the money for the cost of participation of their children. As we understand that in many countries that are advanced the, sports activities packages often require registration expenses and many special equipment, such as special shoes and uniforms, and some different sports-associated equipment, which also increases the economic burden for poor youth. Moreover, journey expenses, which are required to attend video games, tournaments, or schooling periods,

will also be discouraging for households living in poverty. In many developing nations, the shortage of infrastructure is likewise a primary impediment. And many communities are also disadvantaged by primary recreation centers, including fields, courts, or gyms, which makes it hard for the young, gifted teens to interact in organized sports activities. Furthermore, the budget that can be offered by authorities is frequently confined, and in many cases, these funds are provided to the children who don't have any economic crises. And in lots of cases, the game programs are prepared by using groups by way of their facets; however, those are rare and constrained in scope and great. Additionally, the health and bodily nicely being of talented youth can also be affected directly due to poverty, which could similarly restrict their participation in sports activities. And most of the young people dwelling in poverty are much more likely to experience malnutrition, which could preclude their bodily development and the capability to perform in sports activities. Due to the lack of get right of entry to proper healthcare and sports-related clinical guidance, those individuals can also be at greater risk of accidents. As well as in lots of impoverished groups, healthcare services are limited or inaccessible, which can lead to untreated injuries or chronic health conditions that stop a talented youth from participating in bodily sports.

On the far side of monetary and Development obstacles, poverty affects the youngsters. Sport participation through its crash psychological and social prosperous welfare. Poverty is constantly conveyed by social isolation, demarcation, and an unimportant position. which can form a sense of disaffection among the Youth. This is apparent in the case of minorities or alienated communities, where poverty may overlap with a lot of problems of race, affiliation, or gender. Youth from these circumstances may face further barriers to sports participation due to generalizations, discrimination, and a lack of representation in structured sports programs. Low conceit is another major issue.

In (2000), Harrell suggested that poverty can be controlled or can lead to feelings of worthlessness and low self-worth, which may frustrate youngsters from taking part in sports. The challenging nature of spots can make bitter or severe these feelings especially if the youth feel that they do not have the essential skills, tools, or resources to succeed. This can result in a cycle of liberation where young people escape sports participation due to a lack of confidence, which in turn boundaries their opportunities for skill development and social

incorporation. Additionally, the social environment in which youth are raised plays a deciding role in shaping their posture towards sports. In dirt-poor communities, the priority may be placed on survival and meeting fundamental needs rather than co-curricular activities such as sports. Parents and caretakers may prioritize work and income generation over sports participation, and youth may be required to volunteer for household responsibilities rather than engaging in entertaining activities. This can limit the time and energy available for sports, and in some situations, youth may opt that sports as an accommodation or comfort that is beyond their reach or goal. In addition, social struggle and psychological stress correlated with poverty can also prevent youth from participating in sports. Poverty is usually connected to or associated with superior levels of stress, violation, and social anxiety, specifically in urban areas. Youth living these circumstances may experience distress, be afraid, nervous, anxiety, which can affect their ability to engage in organized or systemic sports. For example, they may be afraid of traveling to sports facilities due to safety worries, or may be disappointed from participating in sports by coordinators or associates who observe/overlook such activities as irrelevant or insignificant context of their routine difficulties.

The sporting industry is proving effective for countering the economic crisis of an individual or athlete, probably the new coming performers are learning to help tackle their problem of frustrations and community circle, by alignment with the thrill of prize exhilarating. Sports give an evident approach to perform the essentials for living expertise like cooperation, leadership, and tenacity. These experiences are helpful in the application of other spheres in a lifelong institution like academics, workplace quarters, and assist in career building direction, alongside their financial resources. Moreover, this organization gathers humans from extra surroundings by binding a mastery of embodiment and involvement between them. The immense amount of retardant is not only accessible for their gaming progress but also enhances social cohesion, guidance qualifications, and extra contribution to aid the youngsters reach their full potential and structure a web or platform to get support throughout their overall lifespan.

POVERTY AND SPORTS

The National Collegiate Athletic Association (NCAA) has been criticized for having unjustifiable and unreasonable rules that influence college & school competitors. A consider by Drexel University's Sports Administration Office and the National College Players Association

(NCPA) looked into this issue (Huma & Staurowsky, 2011). The ponder centered on college & school ball and football groups in the Football Bowl Subdivision (FBS), looking at things like how much coaches are paid, what grants players get, and how these compare to the poverty line. They moreover looked at how much these competitors would be worth in proficient alliances like the NFL and NBA (Staurowsky & Huma, 2011). They consider proposing changes to diminish rule-breaking and permit competitors to gain cash from things like supports (McCormick & McCormick, 2010). One report, called “The Cost of Destitution in Huge Time College Sport,” found that amid the 2010-2011 school year, competitors with full grants still had to pay \$3,222 out of their possess pockets (NCAA Scholarly and Participation Undertakings Staff, 2010). NCPA president Ramogi Huma said the distinction between how much competitors are worth and how small they really get is stunning (Lederman, 2011). The impact of cash and the media has made the crevice between wealthy and destitute competitors more awful, including to social course pressures (Lapchick, Adams, & Jackson, 2011). Numerous youthful competitors, particularly those from low-income foundations, wrongly accept that sports are an ensured way out of destitution, and they overestimate how likely they are to accomplish financial security through sports (Giardina & Newman, 2011). In reality, sports are not an assured way out of destitution. Whereas playing sports can have wellbeing benefits, persuade students to remain in school, and offer financial opportunities, external variables like the media and debasement can undermine these benefits (Farrey & Gubar, 2011). Society regularly wrongly views sports victory as a simple way to end up affluent, particularly for certain racial groups, making these wrong convictions indeed more awful. To completely get it the issue, we need to look at how sports appear in society and how, when done right, they can really make a positive alter (Escobeda & Welch, 2011). Sports are ordinarily characterized as physical exercises done for fun, which advance values like cooperation, decency, and regard (Crawford, 2011). These values don’t apply only to sports, but also offer assistance to individuals in ordinary life. For example, playing tee-ball or peewee football as a kid instructs you how to coordinate with others and regard your adversaries, aptitudes you carry into adulthood (Expressions & Sciences, 2009). Characterizing sports this way makes a difference for us to understand how sports can be utilized to battle destitution and bring positive changes to society (Emmert, 2011).

RESEARCH HYPOTHESES

HA1: Male and female students have very different perspectives on how poverty affects youth sports participation.

HA2: Rural and urban students have very different perspectives on how poverty affects youth sports participation.

HA3: Factors influencing youth sports participation, as perceived by college & school students in Baluchistan.

THE IMPORTANCE OF THE STUDY

The principal objective of this research is to assess the variables that influence college&school-level sports participation among youth in various districts of Baluchistan, a Pakistani province. As a result, it is very important in the sporting world. This study provided critical details regarding how financial difficulties affect male and female students enrolled in various Baluchistan colleges and schools' participation in sports. The study's findings can help draw the interest of relevant authorities to the establishment of sports facilities.

QUESTIONNAIRE DEVELOPMENT

The 1st version of the questionnaires was distributed to ten (10) professionals in sports science, & physical education, who were asked to provide feedback on each component. Seven (7) questions were chosen from a total of seventeen (17) questions based on expert suggestions/recommendations.

Displaying the details of the 1st and 2nd drafts of the questionnaire

Questionnaire dimensions	1st Draft	2nd Draft
Poverty	17	07

VALIDITY AND RELIABILITY

Validity refers to the questionnaire's relevance, operability, and breadth, whereas reliability refers to the repeatability of the results (Best and Kahn, 2006). To address the reliability issue, the researcher gathered content proof from ten (10) professionals and validated the questionnaires. The dependable procedure was primarily carried out to ensure internal consistency. The reliability coefficient of the questionnaires was determined using SPSS (Statistical Package for Social Sciences) software, and the results were 0.87. At last, a reliable

questionnaire contained seven poverty items. Articles were employed to gather the necessary data.

DATA TOOLS ANALYSES

The collected data were arranged in tables before being analyzed using statistical techniques. The 822 (males = 511 and females = 311) answers to the poverty factors were classified using the baseline variables relating to gender and location. To test the previously determined hypotheses, mathematical data processing was used. The data was analyzed using both inferential and descriptive statistical methods.

Displaying the methods of statistics used for data analysis

S. No	Inferential Statistics	Descriptive Statistics
1	ANOVA	Percentages
2	t-Test	Frequencies

Presenting male students' perspectives on the effect of poverty on youth involvement in sports.

S. No	Questionnaires	SDA (%)	DA (%)	UD (%)	A (%)	SA (%)
1	Poverty is the obstacle for buying the equipment of sports.	76 (14.84%)	299 (55.98%)	65 (12.70%)	47 (9.18%)	25 (5.30%)
2	People with less resources cannot buy the equipment of sports which are important.	74 (14.45%)	301 (59.20%)	73 (14.26%)	43 (8.40%)	21 (4.19%)
3	Family expenditures halt college & school students/athletes to take part in sports.	22 (4.30%)	23 (4.49%)	70 (13.67%)	359 (69.90%)	37 (7.64%)
4	Sports outlays prevent poor youngsters of college & school for taking part in sports.	65 (12.70%)	345 (67.38%)	45 (8.79%)	35 (6.84%)	22 (4.30%)
5	Sportsmen always limit their status.	9 (1.76%)	15 (2.93%)	12 (2.34%)	100 (19.53%)	376 (73.44%)
6	Parents with Low-Income bound their children to education merely.	11 (2.15%)	67 (13.09%)	34 (6.64%)	339 (65.80%)	61 (12.33%)
7	Poverty is the reason in less participation of poor youngsters in sports.	22 (4.30%)	23 (4.49%)	54 (10.55%)	394 (76.95%)	19 (3.71%)

It is highlighted in the diagram that 299 respondents, which is about 58.98% acknowledged that poverty is not the obstacle for not buying the equipment of sports. According to the performed analytical information, 301 respondents, which are 58.20% approved that people with less income cannot buy expensive sports equipment. Similarly, 359 Respondents, which may be 69.90% agreed that due to domestic expenditure, athletes do not take part in sports, whereas 345 Respondents, of 67.38% denied the agreement that due to the cost of sports weak class cannot participate in sports. Moreover, 376 of 73.44% forcefully said that players always take care of their positions; on the other hand, 342 of 65.80% agreed that parents with paltry income can limit their children to education only. As a result, 394, which is 76.95% boys, acknowledged that because of poverty, the participation of youngsters is being cut short.

Demonstrating the disparities between male and female students' opinions about how poverty affects young athletes' participation in sports.

Group Statistics						
Factor	Gender of the respondent	N	Mean	Std. Deviation	Sig.	T
Effect of Poverty on Youth Sports Participation	Male	511	3.1010	1.41084		
	Female	311	3.1756	1.49171	.594	-.529

Significant at 0.05

Above table, 511 men & 311 women were questioned regarding the impact of poverty on young athletes' participation in sports. The average for men was 3.10, while the average for women was 3.17. The standard deviations for men and women were 1.41 and 1.49, respectively. According to the study's results ($t(822) = -.529, p > 0.05$), there is no discernible difference between the opinions held by men and women regarding how poverty affects the involvement of young athletes. The mean score for females is higher than the mean score for males ($3.07 > 3.02$). Thus, that can be concluded that there is no statistically significant distinction between the perspectives held by men and women with regard to the influence of poverty on youth sports engagement.

Comparing rural and urban students' perceptions of the impact of poverty on youth sports participation.

Group Statistics						
Factor	locality of the respondent	N	Mean	Std. Deviation	T	Sig.
Effect of Poverty on Youth Sports Participation	Rural	448	3.05	1.51356		
	Urban	376	3.05	1.49267	-.419	.594

Significant at 0.05

In the above paragraph, urban and rural students' attitudes toward poverty were compared. A total of 448 rural and 376 urban students were polled on their feelings toward poverty. The rural average was 3.05, while the urban average was 3.05. Rural rejection was 1.51, while urban rejection was 1.49. The investigators observed that $t(822) = -.419$, $P > 0.05$, which indicates that there is no significant variance in the impact of poverty on youth sports participation.

Factors influencing youth involvement in sports, as reported by male and female college & schools students in the province of Baluchistan.

Descriptive Statistics					
	N	Maximum	Minimum	Mean	S. Deviation
Effect of Poverty	822	5.00	1.00	3.05	1.39653
Valid N (listwise)	822				

Baluchistan students defined the impact of poverty in the previous agenda item. This agenda displays the average score. According to this lineup, the average poverty affection score among college & school students is 3.05, with quality rejection coming in at 1.39. It reproduces the very challenges that students face in sporting events and outlines a reasonable perspective on poverty's impact on sports participation.

SUMMARY

The purpose of this study in Balochistan, a province of Pakistan, was to evaluate the factors that influence young sports participation. The investigator set out five goals to achieve

this. Assessing the male students' perspective on how poverty affects youth participation in sports in Balochistan, and to determine the female students' perspective on the impact of several factors on youth sports participation in Balochistan. To assess how different factors affect young people's participation in sports in Balochistan, as perceived by male and female students. to calculate the mean variations in sports engagement among youth in Balochistan between urban and non-urban students. To determine which factors are most important in Balochistan that influence youth engagement in sports. The investigator developed one hypothesis, which is as follows: Male and female students' perspectives on the impact of poverty on youth sports involvement differ significantly. There exist notable average disparities between urban and non-urban students concerning the impact of poverty on youth sports participation. Results about how poverty affects young athletes' participation in sports. The study discovered a strong correlation between poverty and young athletes.

VIEWPOINT OF MALE STUDENTS

The following is a full description: Male Students' Perspective According to the researcher, a large number of male students (299 out of 511) disagreed with poverty prevents them from buying sports goods, a large percentage of male learners (301 out of 511) disagreed that low-income families cannot afford buying expensive sports equipment that are not otherwise necessary. Following the data analysis, the investigator discovered that the vast majority of male students (359 out of 511) believe that family expenses prevent college & school athletes from getting involved with sports. The majority of male students, the study also discovered, disagreed with the claim that college & school students from lower socioeconomic backgrounds are less likely to play sports. Athletes are constantly status-conscious, according to the majority of male responders, the researcher discovered. Sixth, Poor parents restrict their child to academic issues alone, was a statement that the majority of male respondents (339 out of 511) agreed with regarding the impact of poverty on childhood sports involvement. According to the majority of male responders, youth sports engagement is negatively impacted by poverty.

VIEWPOINT OF FEMALE STUDENTS

The perspective of female students the researcher discovered that, while the vast majority of female students (183 out of 311) strongly disagreed which low-income families cannot afford expensive athletic equipment that are otherwise required, a majority of female students (263 out of 311) strongly disapproved that poverty is a barrier to purchasing sporting goods. Based on data analysis, the researcher discovered that the majority of female students (178 out of 311) acknowledged that family expenses prevent collegiate athletes from participating in sports. The research project also discovered that, of 311 female students, 198 were completely in agreement with the theory that college & school pupils from lower-income households are less likely to participate in sports due to their high cost. According to the findings, the majority of female respondents strongly agreed that competitors are always status-conscious. The majority of female participants (213 out of 311) were completely in agreement with the sixth question in the questionnaire's paragraph on the impact of poverty on growing up exercises participation: Poor parents limit their children's involvement to academics only. A significant number of female respondents (233 out of 311) likewise strongly agreed that youth sports engagement is negatively impacted by poverty. Talk about how poverty affects young people's involvement in sports. The study discovered that youth sports involvement is significantly impacted by poverty. Since purchasing sporting items is a barrier for middle-class impoverished kids and athletes. Low-income individuals are observed to be unable to afford costly athletic goods, which would otherwise be essential, and their family's expenses also impede their participation in college& school sports. According to the study, athletes are constantly concerned with their position. Many impoverished parents limit their children's activities to school-related matters because of budgetary difficulties. Youth participation in sports is negatively correlated with cumulative poverty. According to Power (2016), the percentage of young people in the 16–19 age group who live in poverty has increased from 27% (2002–2003) to 34%, making them the most vulnerable age group.

CONCLUSION

Based on the data, it can be stated that youth sports participation in the province of Baluchistan has been significantly negatively impacted by terrorism. It has been shown that the majority of young people steer clear of sports out of fear of terrorism, and that some parents

won't let their kids play. Additionally, the researcher came to the conclusion that youth sports engagement in the region of Baluchistan is significantly impacted negatively by poverty. Due to financial hardship, the majority of pupils are unable to afford sporting products and equipment, and their parents force them to focus solely on their schoolwork. Given the opinions of the majority of respondents, a significant impact of racism on young athletes' participation in sports was discovered.

RECOMMENDATIONS REGARDING THE EFFECT OF POVERTY ON YOUTH SPORTS PARTICIPATION

Suggestions addressing how poverty affects young people's involvement in sports. The study discovered a strong correlation between poverty and young athletes. Nonetheless, the researcher suggested that: 1. Since the majority of students are too poor to buy sports equipment, the government should supply students with equipment and offer special funding and financing for athletics to all schools and colleges, particularly for those with low incomes.

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