

ANALYZING THE CURRENT STATUS OF SPORT AND THE WAY FORWARDED; A STUDY FROM KHYBER PAKHTUNKHWA (KP), PAKISTAN

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ABSTRACT

This study examines the current state of sports in Khyber Pakhtunkhwa (KP), Pakistan, focusing on identifying existing challenges and opportunities. It aims to provide a comprehensive analysis of the region's sports infrastructure, participation rates, and development programs. Through qualitative and quantitative research methods, the study seeks to highlight the socio-economic impacts of sports in KP and propose actionable strategies for enhancing athletic participation and performance. Ultimately, it aims to inform policymakers and stakeholders about effective ways to promote sports as a vehicle for community development and national pride.

Keywords: *Anglicizing current sport way*

INTRODUCTION

Background of the study

Successful nations are those having a robust national character with healthy people in their communities and prevalence of physical education and sports which help individuals acquire knowledge and skills for the development and well-being. Physical education is the type of educational course in which a person seeks and understands about physical fitness and growth of an individual (Kohl et al., 2012). It is a combination of a number of fitness activities carried out on a regular basis which help students in achieving fitness, building muscular strength and improving cardiovascular condition. The sport competition and performance are all about carrying physical

routines, procedures and activities by the one who is trained in the respective field. That's why, physical education and sports performance are directly linked with each other (Mouratidis et al., 2008).

Sports activities have been seen as an instrument of social, cultural, ritual and national unity. For the first time in 1978, beside general education, UNESCO endorsed the International Code of ethics for Physical Education, where Physical Activity, and Sport, making "physical education and sports" as a basic human right for every personal in the universe. "Sound mind in a sound body" clarifies the significance of the healthy body (Kidd & Donnelly, 2000).

Almost every human being from different races either developed or developing geographical areas of the universe, not only take part in multiple sports and physical activities, which also force them to spend their millions of dollars in purchasing sports apparatus and equipment (Pecl et al., 2017). Apart from these, they also enjoy sports competitions as spectators. Millions of fans look at the players and watch them as heroes and idolize them.

Pakistan flourished in tremendous natural talent in all fields of sports. We have been torchbearer of Squash, Hockey, Snooker, Kabbadi and Cricket that led us to inspire the world to achieve the goal to compete with our players and athletes in respective fields (Ganjera, 2018). Whereas, now the world in such sporting fields is far ahead that our athletes barely reach to the competition. Likewise, Physical Education is ignored in the educational institutions. Students are not interested to read or learn about Physical Education. Hence, it is very much important to investigate the causes behind the worsening position of physical education and sports in Pakistan.

1.2 Statement of the problem

It has been observed that in Pakistan standard of physical education and sports is crumbling day by day and unbearable loss is threatened to the important domains. There might be so many factors that deteriorate the standard. Being a responsible citizen and physical educator of the society, it becomes a responsibility to determine the status and situation of physical education and sports in Pakistan. Therefore, the present investigation will be conducted to device measures to uplift the standard of physical education and sport in the country.

1.3 Objectives of the study

1. To evaluate the current status of sport in Khyber Pakhtunkhwa, Pakistan.
2. To check the status of Physical Education as core position in Khyber Pakhtunkhwa, Pakistan.
3. To point out decline in sport status in Khyber Pakhtunkhwa, Pakistan.
4. To evaluate the decline status of Physical Education in Khyber Pakhtunkhwa, Pakistan.

1.4 Hypothesis of the study

1. The current status of sport in Khyber Pakhtunkhwa, Pakistan is not superior.
2. The status of Physical Education as core position is not significant in Khyber Pakhtunkhwa, Pakistan.
3. There is a significant decline in sport status in Khyber Pakhtunkhwa, Pakistan.
4. There is a significant decline in status of Physical Education in Khyber Pakhtunkhwa, Pakistan.

Review of Literature

Physical education has a long and remarkable history, with plenty of literature indicating that it began in 1820. Almost all educational institutions in the early days of physical education were exclusively focused on gymnastics, hygiene, exercise, caring, and growth of the human body (McArdle, Katch & Katch, 2006). The Young Men's Christian Association expanded its concerned area in 1851, keeping the element of physical activity in mind, by concentrating on various athletic sports such as track and field and soccer/ football, while keeping in mind the central importance of healthy sporting activities. Following the civil war, numerous states in the country decide to carry and enforce legislation requiring schools to have a substantive physical education feature in their curriculums. Similarly, physical education became a formal requirement in many general educational institutions to be followed strictly. Just in little time period, physical education strengthens its roots by introducing four hundred (400) institutes of physical education throughout the world in 1950 (Bailey, 2006). As a result of these measures, an amendment to the Federal Education Act was introduced in the 1970s that required girls in high school and college to play and compete in various types of athletic competitions. Finally, segregation based on gender was prohibited in institutions that were controlled and supervised by the state.

Since Pakistan gained independence, the structure and function of physical education were gradually promoted. When the nation's founder Quaid-e-Azam Muhammad Ali Jinnah, addressed the nation's youth at the inauguration of the Pakistan Olympic

Association as a federation in 1948, he set out the key objective of fitness for the entire nation.

Deficient facilities and qualified staff both were the top listed problems of sports and physical education. In 1950, in Collage of Walton Lahore launched different courses in Physical Education. The decade of the 1960s became well-known for its support of sports and physical activity, with the establishment of two sports stadiums in Lahore and Karachi in 1951, on the occasion of the inauguration of the first Association of Physical Education (Qureshi & Ghouri, 2011). Consequently in 1958, Lt. Gen. Bakhtair Rena laid the Foundation stone of Government College of physical education. Similarly, Pakistan Sports Board was constituted in the country in 1957 and 1958 for the overall management of sports and all forms of sporting activities at the national and international levels.

Apart from all the positive steps taken to improve and expand sports in the region, the demand for well-trained personnel has grown; it was evidenced after the establishment of Karachi College of Physical Education in 1966. In 1976, Gomal University, a pioneer department of physical education at university level in Pakistan, became the first in the country to offer a Master of Science (MSc) in Health and Physical Education (Khan et al., 2017). After few years the department also started Senior and Junior Diplomas' classes in Physical Education. There was no other university at Pakistan levels that offered a Master's degree in Physical Education before this. Similarly, Gomal University makes every attempt to include qualified personnel in the area of physical education by providing a variety of physical education courses. Afterwards, Sindh University Jamshoro and Punjab University Lahore, and Karachi University also started the M.Sc and diplomas programs in Physical Education. In more recent years Sarhad University, Preston University and Qurtaba University, Riphah University, University of Lahore etc in private sector are also offering the different programs of physical education. Similarly, in recent years, the respective departments of Sports Sciences and Physical Education of Pakistan's newly developed public sector universities have begun to deliver MSc physical education as well as senior and junior diplomas in physical education. The name of universities which are included in the list

are Abdul Wali Khan University, Hazra University, Sargodha University, Islamia University, and others. The move of start of Master of Philosophy and Doctorate in Philosophy of sports sciences and physical education offered by Gomal University Dera Ismail Khan, which was warmly welcomed and highly praised by national and foreign students, was a significant and positive move taken in 2013 (Khan et al., 2016).

Physical Education is an academic discipline taught at various level in educational institutions i.e. Schools, Colleges and Universities of Pakistan. Physical educators offer a variety of services, including enforcing discipline and adhering to laws, supervising the students when they are performing athletic events, and teaching children about physical education spots and recreational activities through the medium of physical education curriculum. The following are the specific roles of Physical Educationists in their concerned institutions: School plays a critical part in the educational development of children. At these stages of study, maintaining consistency among the students is critical. Since the majority of students are inexperienced and immature at this point. Discipline issues can lead to a variety of challenges among students. Physical education teachers (PETs) are selected against basic pay scale 11 in middle and secondary schools to maintain order and perform various sporting events. Along with the duties mentioned above, physical education teachers often serve a variety of other duties at the middle and high school level, such as vice principal, staff proctor, and so on.

For students, college is seen as a more advanced learning center than school. After spending enough time at school level the majority of students are mature at this stage, but they lack emotional control. At this point of study, maintaining consistency is extremely necessary. It is for this cause that the students have more surplus energy at this stage. As a result, if no concentration is given, the energy is spent on unethical and useless practices. Under the Department of Higher Education, Directors of Physical Education are appointed in BPS17 (currently DPES are nomenclature as a lecturer in Physical Education) with the selection requirements provided by the Department of Public Service Commission for

students to use their leisure time productively and enhance their personal skills. At the college level, the Director of Physical Education has additional responsibilities in addition to his or her regular lectures, such as organizing sporting activities, maintaining order, and serving as duty officer, internal controller or vice principal of the institute (Khan et al., 2012).

Research Methodology

The methodology is an important portion of the research study, which needs proper attention and organized review to obtain precise results. This section covers the study's nature, population, sampling process, and data collection technique, technique, and data analysis. In this chapter the collected data will be processed through below procedure.

3.1 Design of the study

The term "research design" refers to a method of analysis that is used to obtain at certain conclusions about a topic or issue. The researcher will use a quantitative analysis design to conduct a systematic assessment of the problem during study.

3.2 Population, sample, instrument and analysis of the study

The population of this particular study will be comprised of the renowned Players of various national sports, district sports offices, associations and experts from KP. All DSO's of KP district, players, and experts will be the population of the study. The researcher will apply random sampling technique to reduce the population of the study. There are 35 districts in KP and the all 35 DSO's will be the part of study. The games and number of players will be randomly selected. The experts of various sports will also be reduced through sampling. A representative sample from the population will be selected according to the procedure and practices. To gather the necessary data, a questionnaire with relevant questions will be created with the assistance of the supervisor and used for data collection. A five-point Likert Type Scale will be used in this case. The validity and reliability of the questionnaire will be determined using the authorized protocol. The data will be analyzed with the help of appropriate statistics.

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