

Perceptual Study of the Teachers' Motivation and Encouragement Towards their Children to Participate in Physical Activities: A Case Study of District Bannu

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Abstract: *The study aimed to examine the Teacher's motivation and encouragement towards their children to participate in physical activities. The teachers who have children studying in the higher secondary schools in Bannu District, Khyber Pakhtunkhwa, Pakistan was the population of the study. This study was focused to analyze the views of teachers regarding motivation and encouragement towards their children to participate in physical activities to find out the most dominant motives that persuade parents to encourage their children to participate in sports activities. It has been concluded that teachers' involvement in sports in terms of their attitude, perception and motives has paramount significance in motivating children towards participation in sports. Researchers can investigate the motives among the teachers in other provinces of the country and for this purpose comparison of the motives can be done.*

Key Words: Teachers' Motivation, Encouragement, Children, Participation, Physical Activities

Introduction

According to [Vygotsky \(2020\)](#), sports is generally considered the main feature of childhood, in fact, it is not limited to any age. The game can be defined as a child from its source to the world around him. However, when the theatre is to achieve certain objectives and specific behaviour, it is an act, it was converted into sports. Inter-agency Development and Peace good health, mental health and such game as United Nations playing for the task force, all forms of social entertainment, and sports activities, organized or competitive games the partnership is defined local sports and games ([Vygotsky, 2021](#)). Similarly, the definition of "Sport for Development and Peace International Working Group Sports unity, solidarity and a powerful tool to promote economic and social development for the African Union Sports Policy Framework. Extensive sport and physical activity is considered very effective means for the

healthy development of the participants. In the study, Davis (2002) in the world, especially to young people, is a recognized sport and is considered a very effective tool, that gives its participants identify the property. Advocacy campaigns, especially sports, claim the benefits of several adolescent sports, including psychological, social, emotional and psychological development ([Gould & Carson 2008](#)). Participate in sports activities have had a profound impact on life and efforts to continue through organized physical activity early learning ([Wang & Biddle, 2003](#)). Benefits of Participants Imagine the effectiveness of sporting activities also dominate. It is believed that these activities were accepted by the younger generation. [Zahariadis, Tsorbatzoudis and Grouios \(2005\)](#) have conducted a study to determine the effects of participation in sports and athletes on perceptual female findings, which are usually

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followed by young people who are regarded as role models. In addition to the sports, participants earn fame and name, they are very easy to access the social benefits of the economy have more opportunities, including the state, good work and. Sports and physical activity are dealt with by stateless young people, which may be due to some stress or inaction caused by the very helpful ([Pelletier et al, 2013](#)). Young boys and girls involved in sports have noticed that show better performance and less anxiety than non-athletes ([Jarvis, 2006](#)). However, [Ekeland et al. \(2005\)](#) described the effects of self-esteem and property control on the Olympic Games to improve the small size and relatively low quality of the results of research conducted on sugar has been correct because of inferiority and anxiety and participation in sports The potential impact of the activity has not yet been established. However, [Binsinger et al. \(2006\)](#) have determined that regular physical activity on this issue. Out of the 1791 boys and girls were 46.6% and 53.4%, respectively were surveyed with self-esteem and anxiety effects.

Statement of the Problem

In our society, participation in sports is bound to the conception of teachers who are considered motivating agents to allow or disallow their children towards sports participation. If they have a positive perception and have clear motives with reference to sports then sports will not only flourish but every child will take part in sports without any hesitation. Otherwise, children will not only discourage from sports participation but sports will decay in that society.

The Objective of the Study

To examine the motives that persuade teachers to encourage their children to participate in physical activities.

Significance of the Study

The study is significant because at the end of this study those teachers' motives will come out behind their children's participation in sports

which are more dominant and also those motives which are more neglecting. The study is also significant for teachers because, at the end of this research project, the teachers also know about their attitude towards their children's participation in sports. The teachers will also know the benefits of participation in sports activities for their children. Through the result of this study, the teachers were enabled to think positively about the participation of their children in sports activities. This study has paramount significance for children because through this study the children motivate towards sports activities and can achieve all the benefits of participation in sports activities; i.e fitness, skills, fun and excitement, affiliation and recognition. The study is helpful for concerned authorities to make appropriate policies on awareness of students, parents and the community for the benefits of sports activities.

Research Question

What are the Motives that Teachers Persuade to Encourage their Children to Participate in Physical Activities?

Literature Review

The literature review is an important part of the research paper which provides excerpts from various related research to prove its work. The relevant literature reviews the researchers in their chosen field of study affirmed. [Boote and Baylor \(2005\)](#) demonstrate that it is not through a significant study and the researchers that it is difficult to understand the relevant literature that has been available. [Tordjiman et al \(2013\)](#) recalled the literature as "lawfully published document science". The relevant literature has been briefly studied, although they have been given and are now presented as a separate chapter to a panoramic overview.

Sports are generally considered the main features of childhood, in fact, it is not limited to any age. The game can be defined as a child from its source to the world around him. However, when the theatre is to achieve certain objectives

and specific behaviour, it is an act, it was converted into sports ([Eime et al, 2013](#)). Inter-agency Development and Peace good health, mental health and such game as United Nation playing for the task force, all forms of social entertainment, and sports activities, organized or competitive games the partnership is defined local sports and games. Similarly, the definition of "Sport for Development and Peace International Working Group Sports unity, solidarity and a powerful tool to promote economic and social development for the African Union Sports Policy Framework ([Russell, 2007](#)).

The key factors of sports and religion are considered to assist in the social structure and social development. Sports build character, hard work and perseverance are very involved in sports for religious values, such as participating in the development and the behaviour of participants ([Coakley, 2011](#)). Sports play a very important role in the development and health care in addition to physical activity and exercise. Sports studies have suggested that human health and participation in sports and physical exercise physical activity affects fitness, improving posture can promote good health and physical fitness ([Lee et al, 2009](#)). Game aspects and physical exercise are claimed to an effective tool that helps in the control of obesity, high blood pressure, high cholesterol, including the prevention of heart disease and osteoporosis. Practising physical activity satisfy recommendations for the intensity of sports activities which improve and maintain health and cardiovascular fitness ([Hagins, Moore, and Rundle, 2007](#)).

Factors influencing children's beliefs and attitudes towards sport, many researchers have attempted to identify factors influencing children's beliefs and attitudes towards sport and physical activity as a result of their participation forms have been made. A key factor in influencing the attitudes of parents and children participate in physical exercises ([Freeburn, 2010](#)). According [Sallis et al., \(2000\)](#) factors that participation or non-participation in

sports activities affected children were placed into five categories.

The second category includes behavioural factors, including a healthy diet, physical activity and the desire to sedentary habits. The third category includes psychological factors, while [Sallis et al. \(2000\)](#). According to [Carson and Spence \(2010\)](#) self-esteem, self-perceived athletic ability or self-efficacy, self-concept and body image is associated. Pending the outcome belongs in the same category, displayed in extracurricular activities, preferences for specific physical activities, but also how to address the barriers to their participation in them. The fourth category includes environmental factors related to weather, sports equipment in the home and neighbourhood characteristics, such as physical activity properly structured spaces. The fifth and last group includes social, that is to say, the influence of various social resources, such as peers, teachers/trainers and, of course, family ([Brustad et al., 2001](#)).

The family is the basic form of influence because it is the most important and significant social impact on children, as most of their free time to maturity happened in the family. It has been researched that the children's initial exposure to too many types of physical and sports activities receive from their families ([Strong et al, 2005](#)). Almost always, children in the games Exploration and learn to walk, run, jump, climb and bike rides in the presence of parents and or siblings. Experienced physical activity is structured so that physical education at school or organized sports programs. Parents can act as guardians of physical activity intended for children and enable or restrict the opportunities for children to participate in sports activities ([Evans, and Davies, 2010](#)). According to [Brustad et al \(2001\)](#), to family members, especially parents can play a crucial role in the development of appropriate beliefs for children to exercise.

Methodology of the Study

According to [Goddard and Melville \(2004\)](#), the population in research refers to the more

specific and restricted part of the group. The population of this study comprised all the parents whose children were on role in government primary schools of Khyber Pakhtunkhwa, Pakistan. There was a total of 5000 (Five Thousand) teachers whose children were on role in government primary schools of district Bannu (Official Gateway Khyber Pakhtunkhwa, 2014). According to the rule of thumb when the population is above 9999 (One Thousand) then 1% sample be taken from the whole population. Following this rule, the researcher has taken 50 (fifty) parents (1% of the total population of 5000) in the vicinity of district Bannu. A convenient sampling procedure was adopted to collect the required information from

the respondents. Self- administered scale was used for the current study. Validity and reliability were done accordingly respectively from exports and respondents. The questionnaires were distributed among the respondents by the investigator himself and later collected back, duly filled by them. The researcher guided them with reference to filling the questionnaire by which maximum respondents responded satisfactorily. In this context, the researcher has explained and translated the items in the native language in case of illiterate parents or any ambiguities. The collected questionnaire was analyzed and a conclusion was drawn on the basis of the analyzed information.

Table 1. Most Dominant Motives that Lead Parents to Encourage their Children to Participate in Sports Activities.

Motive	N	Mean	Standard Dev:	F	Sig
Physical Fitness Motive	50	3.53	.321		
Fun/Excitement Motive	50	3.92	.302		
Skill/Mastery Motive	50	3.79	.316		
Recognition Motive	50	3.63	.013	138.626	.013
Affiliation Motive	50	3.81	.364.		
Ego/Competitiveness Motive	50	3.68	.331		
Financial Motive	50	3.71	.343		

The above table shows that the mean score of parents in response to physical fitness motive is 3.66 and SD=.321, whereas the mean score in response to fun/excitement motive is 3.92 and SD=.302. Likewise, the mean score of parents in response to skill/mastery motive is 3.79 and SD=.316, and the mean score in response to recognition motive is 3.63, SD= .364. In the same way, the above table shows that the mean score of parents in response to affiliation motive is 3.81 and SD=.331, whereas the mean score in response to ego/competitiveness motive is 3.68 and SD=.343. In response to financial motive, the mean score of parents is 1.37 and SD=.675. According to the analyzed data, the mean score of fun/excitement is greater than all other motives. Therefore, fun/excitement most dominant motive that leads parents to

encourage their children to participate in sports activities.

Result and Discussion

The study aimed to examine the Teachers' motivation and encouragement of their children to participate in physical activities. On the basis of data analysis, the data indicate that the r square is .151 which means that 15 % motivation of teachers towards their children's participation in sports is due to the development of physical fitness motive. Hence, the alternative hypothesis is hereby accepted. The first area of this study focused to analyze the views of parents towards their children's participation in sports with reference to physical development. It is a healthy lifestyle that enhances the majority of the movement's leading role in agreeing with the respondents' lives. Most of the respondents

mostly avoided sedentary life and health damage, and it was a very effective effect of exercise learning to support multiple skills to maintain health; Weinberg and [Gould \(2014\)](#) affirmed that sports activities are not only able to help you learn a variety of skills but can help you lead a successful life and healthy behaviour has always advocated the maintenance of overall results of sports activities at all ages ([Nigga et al. 2002](#); [Corbin and Masurier, 2014](#)).

Conclusion

The study focused on teachers' motives for their teacher's participation in sports activities. The data revealed that teachers are the most essential elements of socialization for kids and their conduct towards sports and physical activities is a key component of the standard practice for youngsters. It has been concluded

that teachers' involvement in sports in terms of their attitude, perception and motives has paramount significance in motivating children towards participation in sports. As indicated by the overview comes about, the attitude of teachers is very great on to urge their children to sports and the higher secondary school purposes behind this are the development of physical fitness, getting amusement and recreation and making affiliation with others. Interestingly, the most essential reasons that make teachers demoralize them to allow their wards in sports activities are socioeconomic limitations, lack of awareness regarding outcomes of sports and poor execution at school. It is evident that most teachers want to allow their children to participate in sports activities but financial limitations create hindrance in the way of their children's sports participation.

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