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Cultural Limitations Inhibiting Female Athletes in Sports Participation at College Level in District Sialkot Pakistan

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Abstract: *The aim of the study was to investigate the Cultural limitations inhibiting female athletes in sports participation at the college level in district Sialkot, Pakistan. For this very purpose, the population of the present study consisted of 867 female athletes who were FA, FSc students. A simple random sampling technique was used, and 20 % of the total population was taken as a sample. A close-ended questionnaire was formulated and designed to analyze existing phenomena. The questionnaire was distributed among the athletes. The ratio of the returned questionnaire was 88.93 per cent. Descriptive statistical tools (mean and stander deviation) and inferential statistical tools (ANOVA and t-test) were used to analyze the collected data. The researcher concluded that there is a significant impact of Cultural limitations upon inhibiting female athlete in sports participation at the college level. It was recommended that the government might arrange sports tournament at all educational level, and parents may be present during sports competition. The special budget may be allocated for sports to female colleges. The achievement of any college in any sports arena may be awarded money and incentives for encouragement in sports participation*

Key Words: Cultural Limitations, Female Athletes, Sports Participation

Introduction

Sports activities are fair enough, and they provide equal opportunities to both male and female of a society to develop skills by participation (Gould & Carson 2008). But in Pakistan, especially in less developed areas, female participation is nearly zero in sports activities and athletics. Cultural and ethical issues are the main impediments in the way of female taking part in sports and athletics. This is the main reason that female participation in sports and athletics is not encouraging. There is a famous saying, "to err is human". In this modern and fast world, every human being is exposed to different situations where he/she has to choose the justice or evil way for further movement. Our society has developed different evils like nepotism, favoritism, crime, injustice and violence of ethical and moral values (Assländer & Hudson 2017). As a result of these evil activities, it becomes difficult for the females to cross the threshold and to participate in sports and athletics activities where they can come across different horror situations (Laar, Zhang, Yu, Qi, & Ashraf 2019). According to Kara, Demirci, Scott, Mowen and Stanis (2010), the most important issues in the way of participation of females in sports activities and athletics are the lack of importance and awareness regarding the participation of females in sports activities on the part of parents and guardian. Lack of sources and absence of peer group is also known as the important factors which contribute to low participation of females in athletics. According to Bouchard and McPherson (1994), the social problems caused by society are mainly affecting the participation of females in sports activities.

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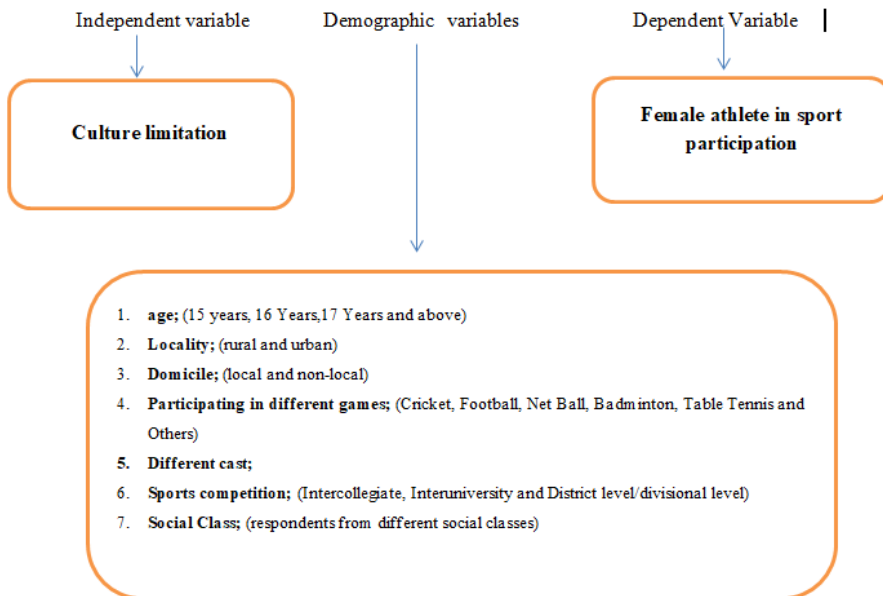
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Social hurdles like lack of parental support, many responsibilities, absence of equal opportunities, and the absence of trust in females participation cause a problem for them to exercise sports activities. The stated factors perform the task of barrier in the way of female’s participation in sports activities. Due to such reasons, they avoid participating in sports activities (McElroy, 2002). According to Walker and Bopp (2011), females with sports career are not given as much respect in society as they should be given.

As for as the job or career of the female is concerned, they are only allowed to perform their routine house jobs and upholding of children (Shearn and Todd 2000). The participation of females in sports activities is highly affected by the sex factor (Dumais, 2002). According to Adamczyk and Hayes (2012), in our society, due to some cultural restrictions, the female is not allowed to go outside the house. The only duty assigned to them is to perform routine house jobs and upraise the children. The concept of participation in sports activities is absent. As for as Islamic society is concerned, Nigerian society can be taken as an example. In the Nigerian culture, the female is not allowed to participate in sports and athletics because of their view that this will result in problems in the reproductive system of the female. Married females are also restricted to the bedroom activities like taking care of the husband and upraising the children only. They are assigned the kitchen activities and house jobs (Kessler-Harris2003).

Since in an Islamic cultural society, the following of veil is strictly noticed, and female is not allowed to cross the threshold without the permission of the parents or guardian. In many sports activities, the veil is not followed, which is a result, acts as a barrier for the female to participate and also for the parents to allow their daughters to participate in these sorts of activities (Kay2006). The dressing of many sports activities like athletics, swimming, tennis, rugby, gymnastic and wrestling etc., is not acceptable in Islamic culture and females are therefore not allowed to participate in these activities. Since in Islamic culture, the Islamic scholars are given very importance are their views are strictly followed. The Islamic scholars show zero tolerance for females to participate in sports activities like athletics, swimming, tennis, rugby, gymnastic and wrestling etc. (Meier &Saavedra 2009).



Method and Material

The aim of the study was to investigate the Cultural limitations inhibiting female athletes in sports participation at the college level in district Sialkot, Pakistan. For this very purpose, the population of the present study consisted of 867 female athletes who were FA, FSc students. A simple random sampling technique was used, and 20 % of the total population was taken as a sample. The close-ended and self-

administered questionnaire was formulated and designed to analyze existing phenomena. Each statement is made on a 5-point Likert scale ranging from 5 = strongly agree to 1 = strongly disagree. The questionnaire was piloted with a sample of 19 athletes in the autumn term of the college prior to the study being conducted. College students were told that the filled questionnaire would be collected in a few days. A consent letter was obtained from each HOD of each college after explaining the study. Validity and reliability results of tests of validity at the second administration of the questionnaire showed that: for content validity, correlation coefficients ranged between 0.56 and 0.18 (significant at 0.01 or 0.05). The Statistical Package for Social Sciences (SPSS) was used for the analysis of data. Descriptive statistical tools (frequency and percentage) and inferential statistical tools (t-test and ANOVA) were used to analyze the collected data. The researcher concluded that there is a significant impact of Cultural limitations upon inhibiting female athletes in sports participation at the college level.

Data Analyses

Table 1. Age Group-wise Frequencies and Percentages of the Respondents

Age Group	Frequency	Percent	Valid Percent	Cumulative Percent
15 years	225	29.2	29.2	29.2
16 Years	363	47.1	47.1	76.3
17 Years and above	183	23.7	23.7	100.0
Total	771	100.0	100.0	

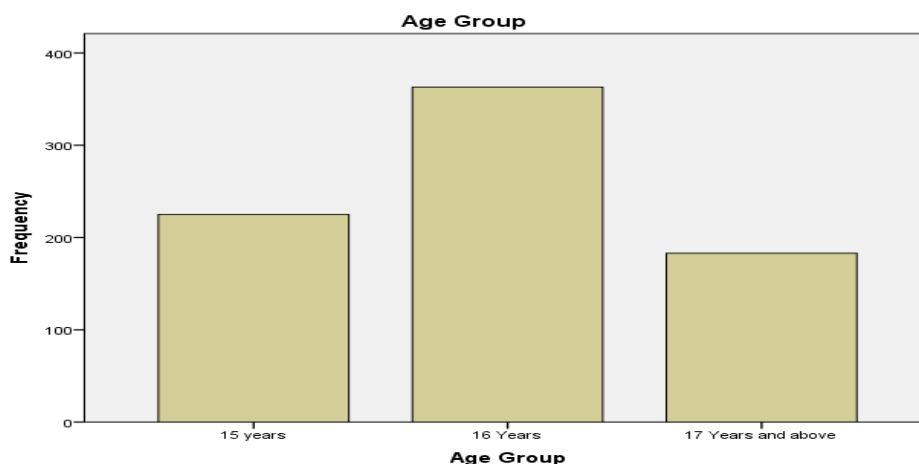


Figure 1: Bar Graph Showing Age Group-Wise Frequencies of Respondents

The above table shows the frequencies and percentages of the sample. The total respondents having age 15 years were 225 (the percentage of the 15 years old respondents were 29.2%). The total 16 years of age respondents were 363 (47.1%), and 17 years and above were 183 (23.7%) the total number of respondents from 15 years to 17 years and above 771 (100%).

Table 2. The locality of the Respondents-wise Frequencies and Percentages

Locality	Frequency	Percent	Valid Percent	Cumulative Percent
Rural	400	51.9	51.9	51.9
Urban	371	48.1	48.1	100.0
Total	771	100.0	100.0	

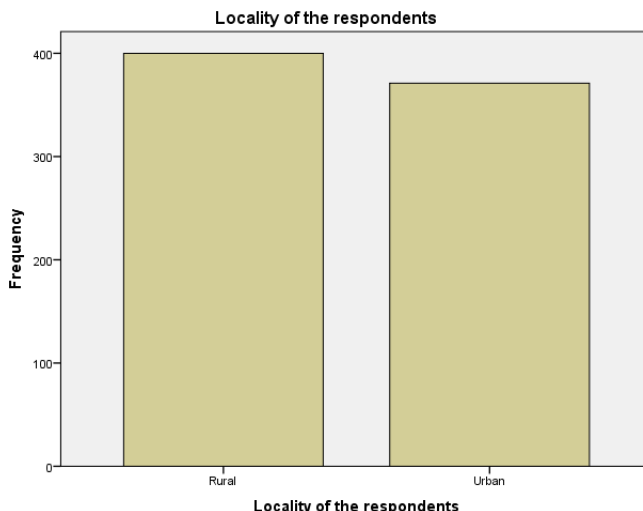


Figure 2: Bar Graph showing Locality of the Respondents-Wise Frequencies

The above table shows the frequencies and percentages of the respondents having different localities. The number of rural respondents was 400 (51.9%) and urban respondents 371 (48.1%); the total number of respondents from different localities 771 (100%).

Table 3. Domicile-wise Frequencies and Percentages

Domicile	Frequency	Percent	Valid Percent	Cumulative Percent
Local	596	77.3	77.3	77.3
Non-Local	175	22.7	22.7	100.0
Total	771	100.0	100.0	

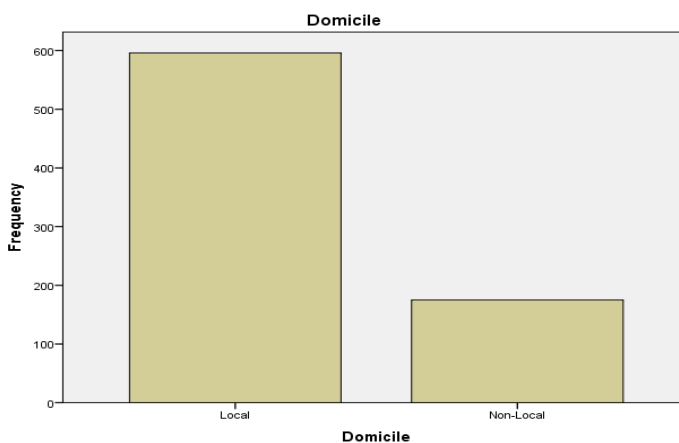


Figure 3: Bar Graph showing Domicile-wise Frequencies and percentages of the Respondents

The above table shows the frequencies and percentages of the respondents domicile wise. The total local respondents of the sample were 596 (77.3%), and total non-local respondents were 175 (22.7%) total local and non-local respondents of study 771 (100%).

Table 4. Sports activity-wise Frequencies and Percentages

Sports	Frequency	Percent	Valid Percent	Cumulative Percent
Cricket	99	12.8	12.8	12.8
Football	115	14.9	14.9	27.8
Net Ball	260	33.7	33.7	61.5
Badminton	233	30.2	30.2	91.7
Table Tennis	16	2.1	2.1	93.8
Others	48	6.2	6.2	100.0
Total	771	100.0	100.0	

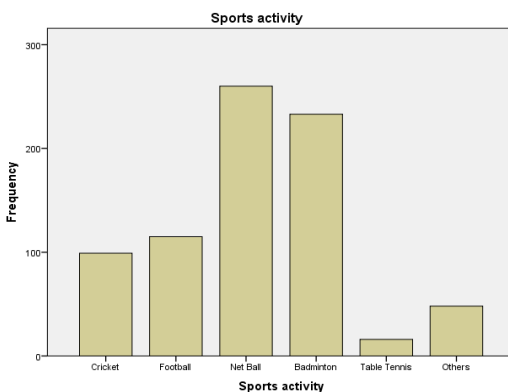


Figure 4. Bar graph showing the frequencies of respondents sports activity-wise

The above table shows the frequencies and percentages of the respondents on the basis of participation in different sports activities. The total respondents participating in Cricket 99 (12.8%), Football 115 (14.9%), Net Ball 260 (33.7%), Badminton 233 (30.2%), Table Tennis 16 (2.1%) and others 48 (6.2%) the total respondents participating in different games 771 (100%).

Table 5. Competition level-wise Frequencies and Percentages of the Respondents

Competition level	Frequency	Percent	Valid Percent	Cumulative Percent
Intercollegiate	745	96.6	96.6	96.6
Interuniversity	18	2.3	2.3	99.0
District level/divisional level	8	1.0	1.0	100.0
Total	771	100.0	100.0	

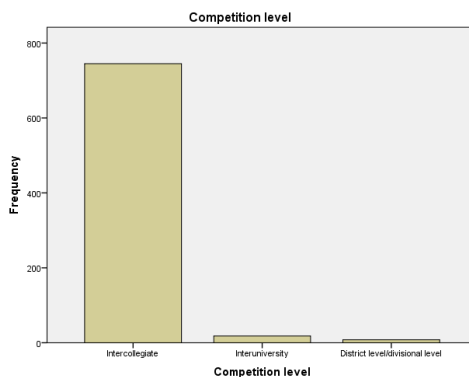


Figure 5. Bar Graph showing the Frequencies of Respondent's Competition level-wise

The above table shows the frequencies and percentages of the sample competition level wise. There was a total of three different levels of competitions. Inter-collegiate level, inter-university level and district level/divisional level, the total respondents are competing at intercollegiate level 745 (96.6%), interuniversity 18 (2.3%) and Divisional level 8 (1%) the total number respondents competing at a different level of sports 771 (100%).

Table 6. Social Class-Wise Frequencies and Percentages of the Respondents

Social Class	Frequency	Percent	Valid Percent	Cumulative Percent
Lower Class	208	27.0	27.0	27.0
Middle Class	357	46.3	46.3	73.3
Upper Class	206	26.7	26.7	100.0
Total	771	100.0	100.0	

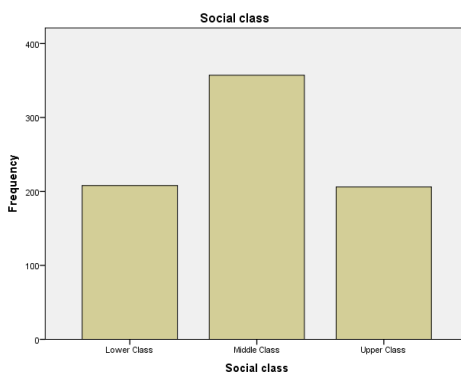


Figure 6: Bar Graph showing the Frequencies of the respondent's social class wise

The above table shows the frequencies and percentages of the sample social class wise. There were total of three different classes in the sample. Respondents from different social classes, the total number of respondents are having low class 208 (27%), middle class 357 (46.3%) and upper class 206 (26.7%) the total number of respondents having different social classes in sample 771 (100%).

Table 7. Category-wise Frequencies and Percentages of the Respondents

Category	Frequency	Percent	Valid Percent	Cumulative Percent
F.A students	578	75.0	75.0	75.0
F.Sc students	193	25.0	25.0	100.0
Total	771	100.0	100.0	

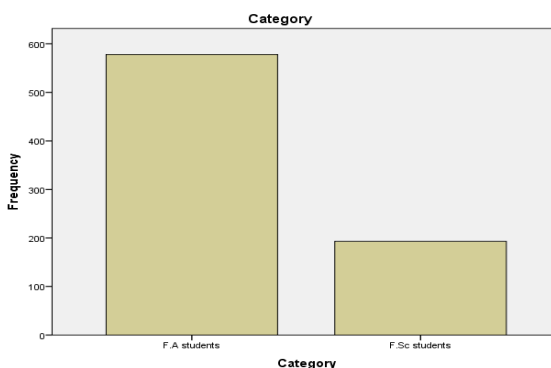


Figure 7: Bar Graph showing the Frequencies of Respondents Category-Wise

The above table shows the frequencies and percentages of the sample category wise. The total number of respondents having admission in FA 578 (75%) and the total number of students having admission in F.Sc 193 (25%) the total number of students having admission in HSSC 771 (100%)

H1: Cultural limitations are significantly influencing sports participation of female athlete at the college level.

Table 8. Regression showing the influence of Cultural limitations on sports participation of female athlete at the college level.

Model Summary

Model	R	R Square	Adjusted R Square	F	Sig.
1	.872 ^a	.666	.665	1732.223	.002 ^b

a. Predictors: (Constant), Cultural limitations

b. Dependent Variable: Sports participation of female athletes

Table 9.

Coefficients

Model	Unstandardized Coefficients			T	Sig.
	B	Std. Error	Beta		
1	(Constant)	.987	.085	22.331	.000
	Cultural limitations	.863	.071	.872	.002

a. Dependent Variable: Sports participation of female athletes

There above table shows those Cultural limitations are significantly influencing the sports participation of female athlete at the college level. The results show that the relationship between cultural limitations and sports participation of female athletes was 66% which appeared as positive and strong. The results shows that $r = .872$, R Square = .666, adjusted r square = .665 $F = 1732.223$ and Sig. = .002. The results also show that if one unit increase in the independent variable, .863 units increases in dependent variables. When Table 4.12 and 4.13 analyzed cumulatively, the results show that cultural limitations significantly predicted sports participation of female athletes at college level $\beta = .863$, $t = 22.331$, Sig. = .002 < $\alpha = .05$. Cultural limitations also explain a significant proportion of variance in girl's participation in sports activities at college level $R^2 = .666$, $F = 1732.223$, Sig. = .002 < $\alpha = .05$. Hence the hypothesis Cultural limitations are significantly influencing sports participation of female athlete at the college level is hereby accepted.

H0: insignificant among viewpoint of respondents having different age group regarding the influence of Cultural limitations on sports participation of female athlete at the college level.

Table 10. ANOVA showing the difference among the viewpoint of respondents having different age groups regarding the influence of cultural limitations on girls' sports participation

Age groups	N	Mean	Std. Deviation	df	F	Sig.
15 years	225	3.4196	.96953	(2, 768)	.121	.886
16 Years	363	3.4566	.89477			
17 Years and above	183	3.4325	.90569			
Total	771	3.4401	.91869			

The above table shows the difference among the viewpoint of respondents having different age groups regarding the influence of cultural limitations on girls' sports participation. The results of ANOVA appeared as $F(2,768) = .121$, Sig. = .886 > $\alpha = .05$, which indicates that insignificant among age-wise groups regarding the effect of cultural limitations upon female college sports. Hence the null

hypothesis insignificant among viewpoints of respondents having different age group regarding the influence of limitations upon female athletes in sports participation at the college level is hereby accepted.

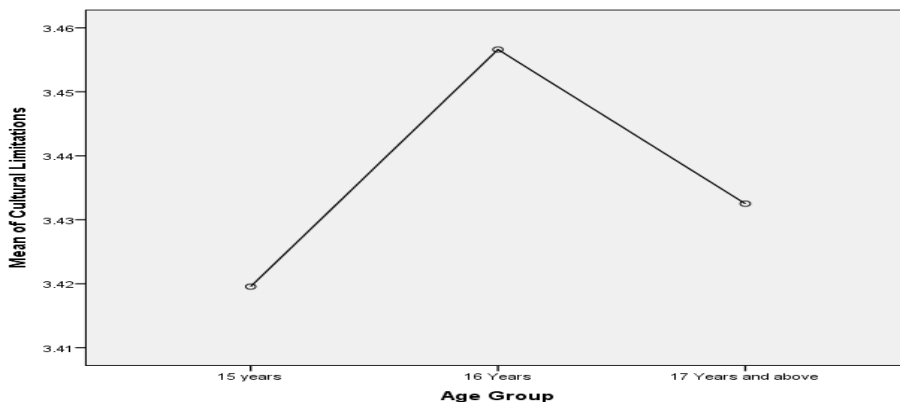


Figure 8: Mean Plot showing the mean of Respondents age group Wise

H₀: insignificant among the viewpoint of respondents from different localities regarding the influence of Cultural limitations on sports participation of female athlete at the college level.

Table 11. t-test showing the difference among the viewpoint of respondents from different Localities Regarding the influence of cultural Limitations on girls’ Sports Participation.

Testing Variables	Locality	N	Mean	Std. Deviation	Df	T	Sig.
Cultural Limitations	Rural	400	3.4669	.88148	769	.841	.401
	Urban	371	3.4112	.95755			

The above table is showing the difference among the viewpoint of respondents from different localities regarding the influence of cultural limitations on girls’ sports participation at the college level. The results of t-test appeared as $t(769) = .841$, $Sig. = .401 > \alpha = .05$. This indicates that the viewpoint of respondents from different localities was the same regarding the influence of cultural limitations upon female athletes in sports activities. Hence the null hypothesis insignificant among the viewpoint of respondents from different localities regarding the influence of Cultural limitations on sports participation of female athletes at the college level is hereby accepted.

H₀: insignificant among the viewpoint of local and non-local respondents regarding the influence of Cultural limitations on sports participation of female athlete at the college level.

Table 12. t-test showing the difference among the viewpoint of local and non-local respondents regarding the influence of cultural limitations on girls’ sports participation.

Testing Variable	Domicile	N	Mean	Std. Deviation	df	T	Sig.
Cultural Limitations	Local	596	3.4479	.90751	769	.436	.663
	Non-Local	175	3.4134	.95799			

The above Table 4.23 showing the difference among the viewpoint of local and non-local respondents regarding the influence of cultural limitations on girls’ sports participation at the college level. The results of t-test appeared as $t(769) = .436$, $Sig. = .663 > \alpha = .05$. This indicates that the viewpoint of local and non-local respondents was the same regarding the influence of cultural limitations upon girls participation in sports activities. Hence the null hypothesis insignificant among the viewpoint of

local and non-local respondents regarding the influence of Cultural limitations on sports participation of female athletes at the college level is hereby accepted.

H₀: insignificant among the viewpoints of respondents participating in different games regarding the influence of Cultural limitations on sports participation of female athlete at the college level.

Table 13. ANOVA showing the difference among the viewpoint of respondents participating in different games regarding the influence of cultural limitations on girls’ sports participation

Sports	N	Mean	Std. Deviation	df	F	Sig.
Cricket	99	3.4298	1.02200			
Football	115	3.4839	.90451			
Net Ball	260	3.3537	.90909			
Badminton	233	3.5594	.89876	(5,765)	1.660	.142
Table Tennis	16	3.2219	.85770			
Others	48	3.3177	.86026			
Total	771	3.4401	.91869			

The above table shows the difference among the viewpoints of respondents participating in different games regarding the influence of cultural limitations on girls’ sports participation which indicates that insignificant among the viewpoints of respondents participating in different games regarding the influence of cultural limitations on sports participation of female athlete at the college level. The results of ANOVA test appeared as $F(5,765) = 3.660$, $Sig. = .142 > \alpha = .05$. Hence the null hypothesis insignificant among the viewpoints of respondents participating in different games regarding the influence of Cultural limitations on sports participation of female athletes at the college level is hereby accepted.

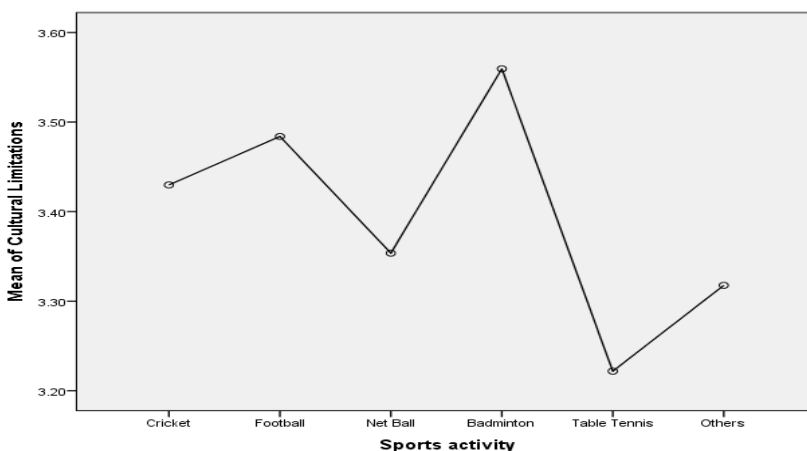


Figure 9: Mean plot showing the mean of respondent’s sports activity-wise

H₀: insignificant among the viewpoints of respondents having different cast regarding the influence of Cultural limitations on sports participation of female athlete at the college level.

The above table is showing the difference among the viewpoint of respondents having different cast regarding the influence of cultural limitations on girls’ sports participation. The results show that insignificant among the viewpoint of respondents having different casts regarding the influence of cultural limitations upon female college sports. Hence the null hypothesis insignificant among the viewpoints of respondents having different cast regarding the influence of Cultural limitations on sports participation of female athlete at the college level is hereby accepted due to some limitations and ethical consideration of the study and volunteer consent of the respondents, the table, facts and figures are

missing. The respondents permit the researcher to only announced results regarding this particular variable.

H₀: insignificant among the viewpoints of respondents take parts in sports competition at different levels regarding the influence of Cultural limitations on sports participation of female athlete at the college level.

Table 14. ANOVA showing the difference among the viewpoints of respondents taking part in sports competition at different levels regarding the influence of cultural limitations on girls' sports participation

Competition Level	N	Mean	Std. Deviation	df	F	Sig.
Intercollegiate	745	3.4483	.91462			
Interuniversity	18	2.9583	1.03927	(2,768)	2.994	.051
District level/divisional	8	3.7563	.76552			
Total	771	3.4401	.91869			

The above table shows the difference among the viewpoints of respondents taking part in sports competition at different levels regarding the influence of cultural limitations on girls' sports participation. The results of the ANOVA test appeared as $F(2,768) = 2.994$, $Sig. = .051 > \alpha = .05$, which indicates that the sports competition-wise groups were the same regarding the influence of cultural limitations upon girls participation in sports activities. Hence the null hypothesis insignificant among the viewpoints of respondents take parts in sports competition at different levels regarding the influence of Cultural limitations on sports participation of female athletes at the college level is hereby accepted.

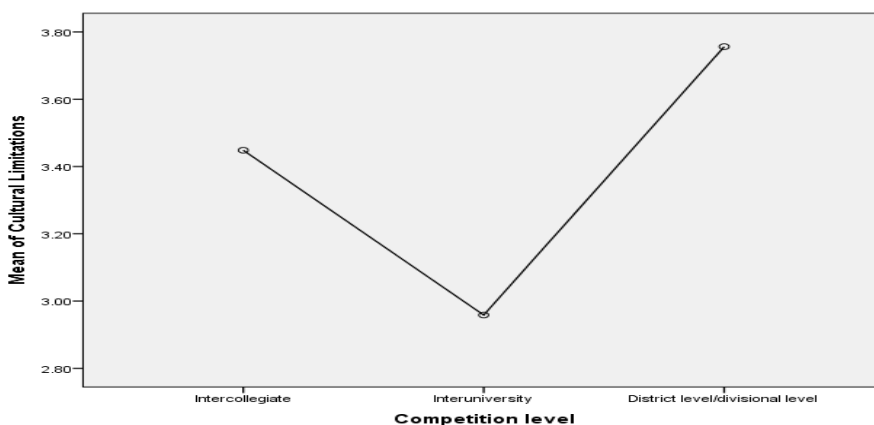


Figure 8: Mean Plot showing the mean of respondents competition level-wise

H₀: insignificant among the viewpoints of respondents from different social classes respondents regarding the influence of Cultural limitations on sports participation of female athlete at the college level.

Table 15. ANOVA showing the difference among the viewpoints of respondents from different social classes regarding the influence of cultural limitations on girls' sports participation

Social Class	N	Mean	Std. Deviation	df	F	Sig.
Lower Class	208	3.3649	.97249			
Middle Class	357	3.5045	.86592	(2,768)	1.733	.178
Upper Class	206	3.4044	.94804			
Total	771	3.4401	.91869			

The table shows the difference among the viewpoints of respondents from different social classes regarding the influence of cultural limitations on girls' sports participation. The results of ANOVA appeared as $F(2,768) = 1.733$, $Sig. = .178 > \alpha = .05$. All the social class wise groups assumed to be the same regarding the influence of cultural limitations on girl's participation in sports activities. Hence the null hypothesis insignificant among the viewpoints of respondents from different social classes respondents regarding the influence of Cultural limitations on sports participation of female athletes at the college level hereby accepted.

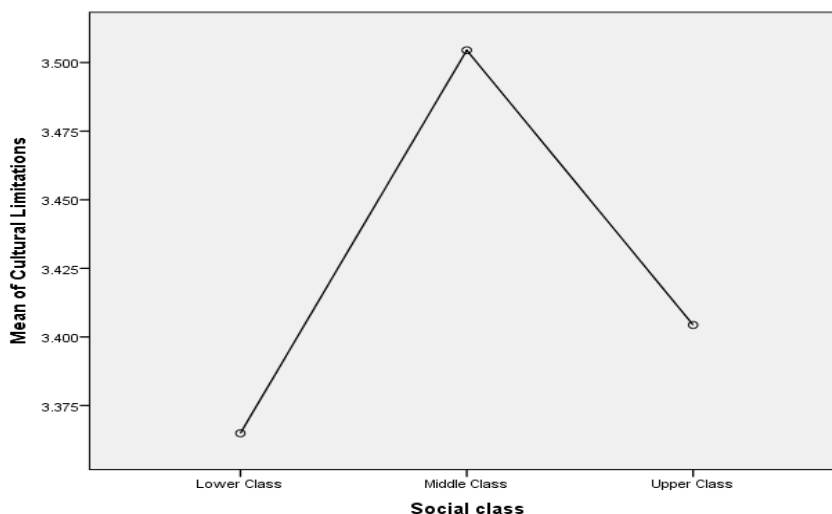


Figure 9: Mean plot showing the mean difference among different social classes

H₁: societal constraints assumed to be a greater influence on girls' sports participation at the college level than cultural limitations

Table 16. t-test showing difference among the influence of cultural limitations and societal constraints upon girls sports participation at the college level.

Testing Variables	N	Mean	Std. Deviation	df	T	Sig.
Societal Constraints	771	3.5369	.99920	1540	1.981	.048
Cultural Influences	771	3.4401	.91869			

The above table shows the difference among the influence of cultural limitations and societal constraints upon girls sports participation at the college level. The results of the t-test appeared as $t(1540) = 1.981$, $Sig. = .048 < \alpha = .05$, which indicates that the influence of societal constraints and the influence of cultural limitations were not the same upon the female college sports. The societal constraints ($M = 3.53$, $SD = .999$, $n = 771$) assumed to be greater influence than cultural limitation ($M = 3.44$, $SD = .918$, $n = 771$) upon girls' participation in sports activities at college level. Hence the societal hypothesis constraints assumed to be a greater influence on girls' sports participation at the college level than cultural limitations is hereby accepted.

Discussion

The aim of the study was to investigate the Cultural limitations inhibiting female athletes in sports participation at the college level of district Sialkot, Pakistan. It was highlighted that culture limitations were significantly inhibiting female athletes in sports participation at the college level (872^3). According to Rauzon (2002), Social hurdles like lack of parental support, many responsibilities, absence of equal opportunities, and the absence of trust in females participation causes a problem for them to exercise

sports activities. Since our society has developed many evils like kidnapping, nepotism, favoritism, violence and sexual harassment etc., these factors perform the task of barrier in the way of female participation in sports activities. Due to such reasons, they avoid participating in sports activities. According to Orunaboka & Kemebradikumo (2007), the females related to sports career are not given as much respect in society as they should be given. According to the US Department of Health and Human Services (2000), as far as the job or career of the female is concerned, they are only allowed to perform their routine house jobs and to uphold children. According to Lirgg (1991), the participation of females in sports activities is highly affected by the sex factor. According to Orunaboka & Kemebradikumo (2007), in our society, due to some cultural restrictions, the female groups is not allowed to go outside the house and are restricted to be inside. The only duty assigned to them is to perform routine house jobs and upraise the children. The concept of participation in sports activities is absent. As for as Islamic society is concerned, Nigerian society can be taken as an example. In the Nigerian culture, females are not allowed to participate in sports activities and athletics because of their view that this will, as a result, cause problems in the reproductive system of the female. Also, the married females are restricted to the bedroom activities like taking care of the husband and upraising the children only. They are assigned the kitchen activities and house jobs.

Conclusion

The aim of the study was to investigate the Cultural limitations inhibiting female athletes in sports participation at the college level. On the basis of data analyses and finding, the researcher concluded that the independent variable culture limitation was significantly inhibited female athlete sports participation. The viewpoints of respondents from different localities were the same regarding the influence of cultural limitations on girl's participation in sports activities. The perceptions of local and non-local respondents were the same regarding the influence of cultural limitations on girl's participation in sports activities. The researcher concluded that insignificant among the viewpoints of respondents participating in different games regarding the influence of cultural limitations on sports participation of female athlete at the college level. Insignificant among the observation of respondents having different casts regarding the influence of cultural limitations upon girl's participation in sports activities at the college level. The sports competition-wise groups were the same regarding the influence of cultural limitations upon girl's participation in sports activities. All the social class wise groups assumed to be the same regarding the influence of cultural limitations on girl's participation in sports activities. The two groups were not the same regarding the influence of societal constraints upon female participation in sports activities. FSc students score greater than FA students. The two groups were not the same regarding the influence of cultural limitations upon girl's participation in sports activities. FSc students score greater than FA students.

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