

EXPLORING THE REASONS FOR NON-PARTICIPATION IN SPORTS: A CASE STUDY OF TRANSGENDERS IN PUNJAB

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Abstract

This study aims to investigate the factors that contribute to the non-participation of transgender individuals in sports. Despite the recognized benefits of sports participation, such as improved physical and mental health, transgender individuals are less likely to participate in sports due to various barriers. A cross-sectional survey design was adopted for this study, and a purposive sample of 118 individuals with a mean age of 22 was selected using snowball sampling. The researchers developed and pilot-tested a questionnaire to collect data on the factors contributing to non-participation in sports among transgender individuals. The study findings revealed that almost all transgender individuals recognized the importance of sports participation in their lives. However, different factors, including societal, governmental, and personal characteristics, significantly contributed to their non-participation in sports. The results of this study suggest the need for legislative and policy interventions to address the societal and governmental factors that hinder transgender individuals' sports participation. Policymakers should prioritize creating safe and inclusive sports environments and implementing policies and programs to support transgender individuals' sports participation which can improve their overall health and wellbeing and promote social inclusion. This study provides valuable insights for policymakers and stakeholders to address barriers to sports participation among transgender individuals.

Keywords: Non-Participation; Transgenders; Inclusiveness.

Introduction

The values and significance of sports have always been universal (Adcroft & Teckman, 2013). People from all walks of

life, belonging to different age groups and from both sexes equally take an interest in sports. Play in progress can be seen in space, on the mountain, in the plains, and also on the

surface of the water. Sports has been a universal activity, and its importance has always been acknowledged. Sports prepare a person for future practical life (Kretchmar, 2015). A player is never in pain to adjust himself in society, and he proves himself a valuable member of society.

As far as sports participation among transgender is concerned, it has been a matter of common observation that transgender (HIJRA) has been neglected in different aspects of life, including education, health care, job opportunities, safety measures, and even in sports by local as well as national community. This study was conducted with the aim of investigating the causes behind their non-participation in sports.

Transgender" describes an individual whose gender identity (one's internal psychological identification as a boy/man or girl/woman) does not match the person's sex at birth. For example, a male-to-female (MTF) transgender person is someone who was born with a male body but who identifies as a girl or a woman. A female-to-male (FTM) transgender person is someone who was born with a female body but who identifies as a boy or a man. Some transgender people choose to share the fact that they are transgender with others. Other

transgender people prefer to keep the fact that they are transgender private.

Anybody who deviates from any of the normative beliefs about sex/gender is considered to be a deviant (Sharma, 2000; Winter, 2002). A person labeled deviant starts finding outlets for expressing deviant behavior, desires, or impulses as family, friends, and society try to find ways to culminate that forcibly. This may lead to small, organized support groups where they accept and appreciate deviant behaviors/identities. Such groups exist worldwide under different titles (Coway, 2002; Winter, 2002; Kessler & McKenna, 1978). In some cultures, they are considered as neither men nor women and not necessarily viewed as deviant as they occupy respectable social positions (Bartlett et al., 2000). While in some cultures, people believe they are blessed with some divine power (Winter, 2002).

Around the globe, proper consideration is given to transgender in terms of providing sports and other physical activities facilities. According to De-Moor et al. (2006), fitness sports in a gym can be an essential outlet to participate in sports and other physical activities among transgender. As a result, it is imperative to establish and provide a conducive environment in which

the transgender can benefit physical as well as mental health through these activities (Maltby & Day, 2001). Research studies indicated that the transgender population had reported a high risk of anxiety and depression; therefore, their psychological problems could be managed with the help of sports and other physical activities (Dhejne et al., 2011; Hepp et al., 2005). Furthermore, research in the area of transgender people revealed that sports and other physical activities are considered essential means of maintaining appropriate weight compulsory to suffer gender-confirming surgery (Beek et al., 2015; Coleman et al., 2012). Research has acknowledged that no single person amongst transgender intends to undergo gender-confirming surgery (Wylie et al., 2012).

Data reveal that participation of transgender in competitive sports is believed to be harmful to them (Reeser, 2012). Participation in sports of transgender people has been the topic of debate among sports personnel, sports organizations, and even the general masses (Teetzel, 2006; Jones et al., 2017). It is generally believed that androgenic hormones converse the outcomes gained through participation in sports and athletic activities. Consequently, transgender female individuals are supposed to grasp an advantage in sports. Meanwhile, transgender

men are not thought to possess an athletic edge, despite being injected with testosterone if they choose to transition to cross-sex hormones medically.

To ensure the participation of transgender in sports, the International Olympic Committee (IOC, 2004) decided that transgender people could provide an opportunity in the coming Olympic Games. Although, the policy formulated in 2004 has significantly influenced those organizations that constitute policies. To address the present problem, this research has focused on two main objectives. Firstly, the researcher has disclosed the viewpoint of transgender regarding the benefits of sports participation. Secondly, to investigate the factors causing non-sports participation among transgender in the jurisdiction of Punjab, Pakistan.

Objectives

1. To survey the views of transgender regarding sports participation in Punjab.
2. To assess the responses of transgender regarding governmental barriers causing their non-participation in sports.
3. To assess the standpoint of transgender about the societal factors causing their non-sports participation.

4. To determine whether personal factors contribute to non-sports participation among transgender of Punjab.
5. To find out the most dominant factor causing non-sports participation among transgender of Punjab.

Hypotheses

H1: Transgender have very positive views regarding participation in sports.

H2: The respondents perceive that governmental barriers are causing non-participating in sports among transgender.

H3: The respondents perceive that social barriers significantly contribute to non-participating in sports among transgender.

H4: The respondents perceive that personal barriers significantly cause non-participating in sports among transgender.

H5: To find out the most dominant factors causing for non- sports participation among transgender.

Materials and Methods

Research Design

In this study, the researcher used a quantitative research design to systematically investigate the issue.

Population of the Study

All the transgender masses of Punjab (Pakistan) were selected as subjects to

investigate. The mean age of the population was at least 16, and they were residents of the Punjab province.

Sampling and Sample Size

The snowball sampling method is extensively used when the population is unknown and rare, and it is hard to select the subjects therefrom. First of all, the initial informants (acquaintances) are contacted who further give the reference of other people whom they think will fit best for the research study. Then they are contacted to get insights and knowledge about the research being conducted. It was complicated for the researcher to contact each and every respondent, and the researcher had no proper knowledge of the respondents. Therefore, to overcome this difficulty, the researcher used the snowball method of sampling this research.

Data Collection

A suitable questionnaire was developed and used for the data collection of causes behind non-participation in sports among transgender. The questionnaire was based on a Likert scale with five options from strongly disagree to strongly agree. The researcher made every possible effort to develop the questionnaire items considering the respondents' difficulty level. For this

purpose, the researcher conducted a pilot survey by selecting 25 transgender to assess the difficulty, ambiguity and complications in the questionnaire items. The questions were then used for validity and reliability.

Validity and Reliability of the Instrument

Instruments are effective and considered valid when suitable for a specified reason and in a particular population or respondents. When an instrument is said to be valid, it implies that it measures what it wants to ordinate when it is used and the results that can be generalized to the predictable target population. First of all, questionnaires were developed with the help of the supervisor and literature review. The developed

questionnaire was then sent to experts in the field for the purpose of validity

Data Collection Procedure

First, the researcher signed a cover letter from the chairperson department of Sports Sciences and Physical Education Dera Ismail Khan, to conduct a survey to collect needed information. The researcher then started the process of data collection. For this purpose, the researcher personally visited the transgender and distributed the questionnaire. At the movement, the researcher first introduced himself and explained the purpose of the survey, to which the respondents responded positively. All the respondents were assured that their responses would only be used for academic's purposes.

Results

Table 1: Chi-Square (transgender have very positive views regarding participation in sports)

Testing Variable	N	Mean	Std.	Minimum	Maximum	Chi-Square	Sig.
Views of Transgender	118	3.6276	.23758	2.61	3.83	173.837	.000

$\alpha = .05$

Table 2: Chi-Square test (respondents perceive that governmental barriers cause non-participating in sports among transgender)

Testing Variable	N	Mean	Std.	Minimum	Maximum	Chi-Square	Sig.
Governmental Factor	118	3.2821	.27607	2.86	4.00	130.678	.000

Table 3: Chi-Square test (respondents perceive that social barriers significantly contribute to non-participating in sports among transgender)

Testing Variable	N	Mean	Std. Deviation	Minimum	Maximum	Chi-Square	Sig.
Social Factor	118	3.5266	.26658	2.67	3.93	178.949	.000

Table 4: Chi-Square test (effect of personal interest factor upon the non-participation of transgender in sports activities)

Testing Variable	N	Mean	Std.	Minimum	Maximum	Chi-Square	Sig.
Personal Interest	118	4.2729	.23044	3.00	4.60	114.881	.000

Table 5: Multiple regression (most dominant factors causing for non- sports participation among transgender)

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
Governmental Barriers	.424	.180	.173	.19247
Social Barriers	.464	.216	.202	.18903
Personal Barriers	.512	.262	.243	.18416

a. Predictors: (Constant), Social Barriers

b. Predictors: (Constant), Social Barriers, Governmental Barriers

c. Predictors: (Constant), Social Barriers, Governmental Barriers, Personal Barriers

Table 6: Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.094	.236		8.873	.000
	Societal Barriers	.337	.067	.424	5.042	.000
2	(Constant)	2.499	.291		8.578	.000
	Societal Factor	.318	.066	.451	5.410	.000
	Governmental Factor	-.147	.064	-.191	-2.293	.024
3	(Constant)	3.817	.568		6.718	.000
	Societal Factor	.280	.071	.352	3.941	.000
	Governmental Factor	-.174	.063	-.227	-2.757	.007
	Personal Interest	-.222	.083	-.242	-2.678	.009

a. Dependent Variable: Sports Participation

Findings

Based on data analysis, the following findings have been obtained.

1. Based on the data analysis, the proposed hypothesis have been accepted because $p = .000 < \alpha = .05$. The acceptance of hypothesis

means that transgender have very positive views regarding participation in sports.

2. According to the analyzed data, the results show that governmental barriers significantly cause non-participating in sports among transgender ($P = .000 < \alpha = .05$).

3. Accepting the alternate hypothesis, it has been apparent from the analysis that societal barriers significantly contribute to non-participating in sports among transgender ($P = .000 < \alpha = .05$).

4. While testing the alternate hypothesis, the data have confirmed that personal factors are contributing to non-sports participation among transgender. (Table 4)

5. The analyzed data indicated that the respondents have agreed that personal barriers significantly contribute to non-sports participation among transgender.

Conclusions

This research presented and focused on the causes behind the non-participation in sports among transgender of Punjab, Pakistan. The study's results indicated a viewpoint of the transgender person that describes sports as one of the necessary means for getting recreation and satisfaction. Given this stance, one might expect that transgender would experience discomfort while participating in sports. However, the

research findings do not reveal any deleterious effect of sports participation in light of the views of transgender.

Even though transgender have experienced complete ignorant, their participation in sports has apparently been sufficiently rewarding to counter the social costs of participation. The results of the study revealed that factors like governmental, societal, and personal significantly contribute to their non-participation in sports

Furthermore, with the broadening of the transgender role, those who have developed a sense of autonomy and positive self-esteem can be better able to perform well in society. This can be done if the transgender can equip with the fundamental right of provision of recreation in terms of sports and other athletics activities.

Recommendations/Policy implications

Based on the findings, the following recommendations were made:

1. As the study revealed that transgenders have a very positive stance regarding sports participation, therefore; the local authorities may play their role in announcing the issues that transgender people experience in competitive sports and sport-related physical activity.

2. Similarly, the findings revealed that governmental barriers are significantly causing non-sports participation; therefore, policymakers can suggest appropriate measures to address the issue of non-sports participation among the transgender community.

3. The local and national administrations may ensure a fair system that provides equal opportunity for all participants and competitors, irrespective of their sexual characteristics and identities.

4. The researcher found that societal factor was responsible for creating hurdles in the way of sports participation of transgender; therefore, the researcher recommended that there should be particular sports grounds and courts plus security for transgender to avoid exclusion and isolation while playing or watching sports.

5. The present study was conducted in Punjab province. Further studies may be undertaken in other provinces of Pakistan to discover in-depth information about transgender issues with special reference to sports.

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