

The Role Of Socio-Cultural Factors In Predicting Sports Participation: Mediating Role Of Sports Spirituality

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ABSTRACT

The sports participation is complex phenomenon influenced by various socio-cultural factors and understanding these influences, specially within context of Pakistani educational institutions, is vital for developing strategies to promote sports engagement among students. This study aims to explore role of socio-cultural factors used in predicting sports participation among students in Federal Government Colleges, Islamabad, Pakistan. Moreover, it investigates the mediating role of sports spirituality in this relationship in order to examine the direct and indirect relationships among the predictors, mediator and criterion variables of study that ¹are chosen from the existing literature, to examine these variables in native environment and produce new information thereby contributing the existing knowledge. A cross-sectional survey design was used to collect data from sample from FGC in Islamabad. The participants were done over structured questionnaire measuring the socio-cultural factors, sports spirituality, and sports participations. The diverse statistical procedures were to analyze the data and test the hypothesized relationships to produce innovative information. The results provide significant outcomes about association and mediation and thus certain recommendations have been extracted for policy makers and future researchers for better understandings.

Keywords: Socio-Cultural Factors, Sports Participation, Sports Spirituality Mediation Analysis & FGC.

INTRODUCTION

The sports effective participation is significant for improving physical and psychological aspects of individuals that results in higher fitness, greater satisfaction and increased emotive balances leading to desired outcomes. The sports participation is vital in increasing potentials along with skills of students to maintain their behavioral and contextual parameters required to complete various strategic tasks [1]. These participations are effectively influenced over various factors that are significant in increasing or decreasing the levels of participations like

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socio-cultural and socio-religious dimensions [2]. The sports participation is thus significant in providing developmental chances to students to sustain their orientations towards the improvement of health and physical fitness in diverse situations [3]. The sports participations are important in nurturing the students' behaviors toward diverse desired outcomes to reach desired success [4]. The sports participation is significant for nurturing behaviors of students towards the goal-oriented attitudes that brings sense of competitiveness along with readiness for catering the situations towards developments and desired success.

The foremost predictors containing the socio-cultural aspects that hinders individuals towards sports participation along with the credibility to sustain the environments towards anticipated circumstances [5]. The provision for maintaining the behavioral outcomes is persistently inspired by behavioral approaches in different situations that provides opportunities to ensure effective participation in sports activities for developments [6]. These approaches are vital in determining students' behaviors towards desired outcomes culminates at anticipated consequences to sustain behaviors towards success [7]. The students' behaviors toward sports participation are important toward sports that provides the positive consequences for developing peace and prosperity along with phenomenon of spirituality to produce desired results as per required standards and criteria to attain desired outcomes from diverse leading activities and approaches [2]. Students are further inspired by the spirit and potentials that are developed for bringing positive changes in attitudes toward determinations that how to use diverse approaches for realizing the desired objectives in different circumstances.

The students are further required to use the religious approaches to participate in sports activities that provides the satisfactions for sustaining the environments for attaining the different goals and related outcomes [8]. The students' behavioral approaches in diverse situations are important to nurture their spiritual approaches to maintain effective orientations towards developments [9]. The sports spirituality in important phenomenon that focuses the spiritual behaviors of students towards various desired outcomes thereby considering the various contextual and task aspects to produce desired outcomes that needs extraordinary efforts toward desired resolves for sustaining goal-oriented behaviors [10]. The spiritual parameters are significant for nurturing the attitudes and behaviors of students to sustain the orientations that are critical success factor for sustaining desired outcomes in particular manners from different dimensions [11]. The sports performance and sports spirituality have significance in different circumstances thereby focusing upon the traditional manners to sustain the desired and leading outcomes based upon the values, spirit and motivational strategies [12].

Objective & Hypothesis

1. To examine the association between socio-cultural factors, sports spirituality and sports participation in particular context (H_1).
2. To examine mediating role of sports spirituality in linking the socio-cultural factors & sports participation in particular context (H_2).

LITERATURE REVIEW

The sports participation is dependent upon numerous factors those which directly or indirectly influences behaviors of students towards participation in sports with regard to different leading outcomes [13]. The socio-cultural factors comprise amalgamations of various leading factors

from cultural perspectives and its implications towards the sports participation so as to realize better understandings [14]. Sports spirituality is phenomenon of greater importance that sustain spirit and motivation towards desired outcomes over active and effective strategic approaches [15]. The socio-cultural factors like societal norms, community values, education background & economic status influence sports participation. In communities, where sports are valued, participation rates are typically higher as societies with strong gender norms may limit, promote sports participation based on gender as individuals from higher economic backgrounds have access to sports training and facilities [16]. The institutions that stress sports can adoptive participation among students as some religions reassure physical activity and sports as part of healthy lifestyle, while others may have limitations [17].

The sporting events coincide with religious festivals, encouraging community participation and traditional games and sports are frequently rooted in religious and cultural practices as sports spirituality refers to deeper connection and sense of purpose individuals may experience over sports [18]. The sports spirituality often emphasizes importance of service to others and giving back to the community, fostering sense of social responsibility and altruism as creating inclusive sports environments that celebrate and respect diversity can enhance the spiritual experience for all participants [19]. The research indicates that sports participation is linked with development of ethical behavior character and positive traits, contributing to the moral developments [20]. Thus, empirical studies suggest that integrating spiritual practices into sports improve spiritual and emotional well-being, promoting holistic development [21]. The sports have profound impact on socio-cultural factors, fostering development of sports spirituality. By promoting community cohesion, ethical behavior, cultural pride, and well-being, sports be powerful tool for personal and social transformation.

Socio-Cultural Factors

The socio-cultural factors that containing the different cultural issues and trends related with the sports participation and its overwhelming influence upon the attitudes and behaviors of the individual along with procedural and contextual responsiveness required for catering desired leading situations [10]. The cultural dimensions are important for sustaining required leading circumstances that are vital in developing the positive consequences in response to various and multi-dimensional approaches for development and success [14]. Cultural restrictions along with the social limitations inspires the individuals to maintain the desirability and commitments in response to various actions and ultimate reactions from societal perspectives towards the sports participation if thus challenging [16]. These societal issues and cultural norms have importance in different situations for maintaining the desirability and commitment toward desired leading consequences and outcomes that provides the justifications and explanations towards desired leading consequences.

The socio-cultural factors significantly influence the sports participation by shaping attitudes, prospects, and behaviors related to sports and physical activities. In cultures, where sports are highly appreciated, participation rates tend to be higher as countries with a strong tradition in certain sports often see widespread enthusiasm and participation for these activities toward the desired outcomes [22]. The social expectations and norms regarding physical activity either discourage or encourage participation. In some cultures, engaging in sports is seen as vital part of adolescence and childhood, while in others, it may not be as underscored [23]. The societal attitudes toward gender roles significantly influence who participates in sports as in societies

with traditional gender roles, women and girls may have fewer prospects to engage in sports compared to men and boys [24]. The efforts to promote gender equality in sports are helping to change these norms, inspiring more female participation in sports traditionally dominated by men in circumstances.

Sports Spirituality

The sports spirituality is significant phenomenon that provides the opportunities for developing the positive consequences from the spirit and potential perspectives to ensure the potentials for different outcomes based upon the phenomenon of spirit, self-esteem and self-confidence from different dimensions [10]. The spirituality is important in providing the principal guidelines from diverse perspectives to ensure sports participation from religious and spiritual dimension to sustain the desirability and commitment toward success [14]. The spirituality further brings some limitations from religious perspectives to ensure the potentials and commitments that are vital in sustaining the environment and situation for desired outcomes in different leading outcomes [19]. The spirituality is thus important in providing guiding principles regarding the spirit and confidence upon the rules and regulation along with norms and values for realizing the desired leading consequences that are required for comprehending the various and leading tasks for developments.

The sports participation and sports spirituality are interrelated in profound ways, contributing to the holistic development of individuals as sports spirituality refers to the spiritual values and experiences that the participants and athletes may derive from their involvement in sports and it includes the range of dimensions. The sports can be platform for personal growth, and self-discovery where athletes learn about their weaknesses, strengths, personal limits [25]. Thus, engaging in sports can provide the sense of inner peace and balance, helping athletes manage stress and find clarity. Many athletes describe experiencing a sense of connection to something greater than themselves during moments of peak performances or in challenging situations in diverse circumstances [26]. The sports offer prospects for transcending personal limitations and realizing the heightened state of consciousness. The sports promote ethical values such as integrity, fair play, respect for opponents and officials [27], that are desired from the different important perspectives.

Sports Participation

The sports participation is vital phenomenon that brings developmental opportunities towards the students to shape their behaviors towards the adoptability and motivation to sustain desired leading outcomes from different perspectives to sustain the environments that provide diverse leading approaches for potential development from different dimensions [4]. Sports effective participation is significant for the students in involving in different co-curriculum activities in different situations that offers multidimensional approaches for proceeding in diverse leading and critical outcomes [10]. These approaches along with certain guiding principles are vital from different parameters to ensure the involvement, participation and confirming their good and decent eventualities towards the students' health, achievements and life satisfaction from diverse aspects [18]. The students are thus required to take active participation in the sports to confirm decent healthy environments that are required for comprehending the numerous tasks and related consequences.

The sports participation holds significant standing for communities, individuals, and societies at large as regular participation in the sports improves muscle strength, cardiovascular health, flexibility, and overall fitness levels. The physical activity helps maintain a healthy weight and reduces risk of chronic diseases such as heart disease, diabetes, and hypertension [28]. Thus, leading an active lifestyle over sports can lead to a healthier and longer life as physical activity through sports releases endorphins, which are natural mood lifters, helping to reduce anxiety and stress levels in diverse situations [29]. The sports participation improve concentration, cognitive function, memory, and which can enhance work and academic performance. Thus, achieving personal goals in sports, overcoming challenges, and receiving recognition can boost confidence and self-esteem [30]. The team sports teach essential skills such as communication, leadership, teamwork, and conflict resolution that are experiencing by students and athletes in diverse circumstances.

RESEARCH METHODOLOGY

The design provides the justification of study whether the qualitative or quantitative nature of study that thus helps in specifying particular methods and procedures for conducting research and reaching desire objectives [32]. The research strategy provides the details about the research through different methodological and empirical parameters that helps in realizing the research objectives in systematic manners to produce the desired outcomes based upon the results and conclusion of study on particular issues under study [33]. The research approach provides the details regarding accessibility and approachability aspects for reaching the respondents of study, collecting the desired facts and figures for measuring the research variables, analyzing the facts and reaching the desired conclusion [34]. The population of present study was all the students from FG colleges Islamabad, where total 2024 students are studying in these colleges. In this regard, a of 334 was selected by using the statistical formula. Thus, the sample of study was contacted in particular context and was analyzed by using different statistical tools to analyze the data and reach conclusion.

Thus, 334 questionnaires were distributed wherein 310 were recollected and used for analysis. The primary and secondary sources of data were thus used as leading elements for collecting the existing knowledge on the research issues toward their descriptions and interrelationships and different tools for examining the statistical relationships among the research variables. The primary data was collected through questionnaire that was adopted from previous research studies on the topic containing different variables likewise the independent, dependent and mediating variables. Thus, adherence to ethical values & principles are important for maintaining the accuracy of research. The current study used sports spirituality as the mediator in linking the socio-cultural, socio-religious and sports participation to attain the desired information about the predictability of mediating variables in determining the relationship between the predicting and criterion variables of study in order to produce new information and contribute the existing knowledge database.

RESULTS OF STUDY

The results of study are produced in this section with the aim to produce desired information about the relationships among research variables as hypothesized through different hypotheses to chase the objectives in systematic manner to produce desired information thereby contributing the existing literature.

Table 1 Descriptive Statistics

Descriptive Statistics					
	N	Minimum	Maximum	Mean	SD
Socio-Cultural Factors	310	1.30	4.80	3.2235	.75984
Socio-Religious Factors	310	1.80	4.60	3.2495	.83236
Sports Spirituality	310	1.70	4.70	3.4713	.59413
Sports Participation	310	1.63	4.62	3.3791	.60356
Valid N (listwise)	310				

The descriptive statistics provides the information about the research variables in terms of the sample, minimum and maximum responses' rates, mean and standard deviations wherein the results revealed that all the research variables have significant values in describing the research variables. The results revealed that with respect to socio-cultural factors (N = 310, minimum response rate = 1.30, maximum response rate = 4.80, mean = 3.2235 and standard deviation = .75984), which therefore provides important information in describing the research variables of current research study.

Similarly, with respect to the socio-religious factors (N = 310, minimum response rate = 1.80, maximum response rate = 4.60, mean = 3.2495 and standard deviation = .83236). In results, with respect to the sports spirituality (N = 310, minimum response rate = 1.70, maximum response rate = 4.70, mean = 3.4713 and standard deviation = .59413). likewise, with respect to the sports participation, (N = 310, minimum response rate = 1.63, maximum response rate = 4.62, mean = 3.3791 and standard deviation = .60356), that consequently provides significant and leading information about variables.

Table 2 Reliability Statistics

Variables	Items	Cronbach's Alpha
Socio-Cultural Factors	10	0.711
Socio-Religious Factors	10	0.735
Sports Spirituality	10	0.824
Sports Participation	10	0.879
Overall Value	40	0.889

The reliability statistics while measuring the internal consistency among the research measures provides significant information through Cronbach Alpha values. The results revealed that all the research variables have sufficient values that are above threshold values for measuring the research instruments and confirmation and applicability in specific context. The results naked information about research variables like socio-cultural factors (Items = 10, CA = 0.711), socio-religious factors (Items = 10, CA = 0.735), sports spirituality (Items = 10, CA = 0.824), and sports participation (Items = 10, CA = 0.879) and overall instrument (Items = 40, CA = 0.889). Thus, results of reliability provide significant information for measuring internal consistency in research issues under considerations and applicability of instrument in particular context.

H1: There is significant association socio-cultural, socio-religious, sports spirituality and sports participation in particular context.

Table 3 Correlation Analysis (H1)

Correlations		[1]	[2]	[3]	[4]
Socio-Cultural Factors [1]	Pearson Correlation	1	.398**	.598**	.652**
	Sig. (2-tailed)		.000	.000	.000
	N	310	310	310	310
Socio-Religious Factors [2]	Pearson Correlation	.398**	1	.427**	.426**
	Sig. (2-tailed)	.000		.000	.000
	N	310	310	310	310
Sports Spirituality [3]	Pearson Correlation	.598**	.427**	1	.676**
	Sig. (2-tailed)	.000	.000		.000
	N	310	310	310	310
Sports Participation [4]	Pearson Correlation	.652**	.426**	.676**	1
	Sig. (2-tailed)	.000	.000	.000	
	N	310	310	310	310
**. Correlation is significant at the 0.01 level (2-tailed).					

The results of correlation revealed important information about the association among research variables of study that was hypothesized through first hypothesis by using the correlation. The results revealed that all the variables and positively and significantly associated as per results of study. The results confirmed the existence of association of all the independent variables with the dependent variable likewise the socio-cultural factors sports participation (R = .652 & P = .000), socio-religious factors sports participation (R = .426 & P = .000), sports spirituality and sports participation (R = .676 & P = .000) and significant and positive association among the independent variables themselves. Therefore, from correlation results, first hypothesis is thus accepted and substantiated.

H2: There is significant impact of socio-cultural, socio-religious, sports spirituality upon sports participation in particular context.

Mediation First Step (a)

Table 4 Model Summary (H3)

R	R Square	MSE	F	df1	df2	p
.5977	.3572	.2276	179.2825	1.0000	308.0000	.0000

Table 5 Coefficients of Regression

Model	Coefficient	se	t	p	LLCI	ULCI
Constant	1.9649	.1195	16.4444	.0000	1.7298	2.2000

Socio-Cultural Factor	.4673	.0349	13.3896	.0000	.3986	.5360
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Predictor: Socio-Cultural Factor

Criterion: Sports Spirituality

Mediation Second & Third Steps (b & c)

Table 6 Model Summary

R	R Square	MSE	F	df1	df2	p
.7437	.5532	.1638	207.5868	2.0000	307.0000	.0000

Table 7 Coefficients of Regression

Model	Coefficient	se	t	p	LLCI	ULCI
Constant	.8193	.1324	6.1884	.0000	.5588	1.0798
Sports Spirituality	.4528	.0489	9.2533	.0000	.3565	.5490
Socio-Cultural Factor	.3065	.0413	7.4209	.0000	.2253	.3878

Predictor: Socio-Cultural Factor, Sports Spirituality

Criterion: Sports Participation

Mediation Fourth Step (c)

Table 8 Model Summary

R	R Square	MSE	F	df1	df2	p
.6523	.4255	.2100	252.3296	1.0000	308.0000	.0000

Table 9 Coefficients of Regression

Model	Coefficient	se	t	p	LLCI	ULCI
Constant	1.7089	.1134	15.0676	.0000	1.4857	1.9321
Socio-Cultural Factor	.5181	.0326	15.8849	.0000	.4539	.5823

Predictor: Socio-Cultural Factor

Criterion: Sports Participation

The first mediation model was about the role of sports spirituality in linking the socio-cultural factors and sports participation by using the Hayes Process Macro procedure. The results offer significant information over four required paths. The first path revealed that sports spirituality was predicted over socio-cultural factor wherein 35.72% change occurred in sports spirituality through socio-cultural factor with significant impact ($\beta = .4673$ & P-value = .015). The second and third paths provides the details about the indirect relationships among the research issues wherein 55.32% variance occurred in sports participation through socio-cultural factors and sports spirituality with positive and significant impact through coefficient of regression wherein socio-cultural factors ($\beta = .3065$ & P-value = .0000) and sports spirituality ($\beta = .4528$ & P-value = .0000) that offers the clues towards fourth path of mediation for measuring the direct relationship in mediation.

The fourth path of mediation revealed significant information that there is 42.55% variance occurred in sports participation through socio-cultural factors with positive and significant impact ($\beta = .5181$ & $P\text{-value} = .0000$). Consequently, all the four paths of mediation provide the significant information about the mediation procedure in determining the mediating role of the sports spirituality in linking the socio-cultural factors and sports participation. The results thus revealed that sports spirituality partially mediated relationship between socio-cultural factors and sports participation due to decrease in coefficient values from (.5181) in direct relationship to (.3065) in indirect relationship while the significant values remained same and unchanged which thus confirmed the partial mediation and from these results of mediation, the hypothesis is thus accepted.

DISCUSSION

The sports effective participation is significant for improving the physical and psychological aspects of individuals that results in higher fitness, greater satisfaction and increased emotive balances leading to desired outcomes [35]. The sports performance & sports spirituality have significance in the different circumstances thereby focusing upon the traditional manners to sustain the desired leading outcomes based upon values, spirit and motivational strategies [36]. The socio-cultural aspects are vital for providing diverse opportunities from cultural norms and values while socio-religious aspects specified the leading aspects regarding the rules and regulation towards religious and spiritual dimensions required for success [18]. The religious institutions may inspire students to use sports as platform for the community service and social justice initiatives, the religious organizations often use sports to engage youth, promote positive values, and offer leadership opportunities [20], that are required for comprehending various leading outcomes.

The participation in sports can influence socio-religious and socio-cultural norms as successful athletes become cultural icons, encouraging more inclusive and influencing societal values in sports practices [22]. The economic factors tied to culture affect access to sports opportunities and facilities, influencing who can participate as religious teachings that underline physical well-being and community can inspire sports participation, conversely, restrictive teachings may limit participation [14]. Reassuring sports participation as means of holistic development help the individuals realize balance in their mental, physical, and spiritual lives [37]. Religious communities often offer support network that can inspire sports participation as the faith-based sports activities and programs are examples of how religious organizations can encourage the physical activities [38]. The role of socio-cultural and socio-religious factors in forecasting sports participation is well-documented in the various studies as required for comprehending various leading outcomes.

The sports spirituality offers athletes with spiritual practices such as meditation, mindfulness, prayer that help manage anxiety and stress [39]. The sports spirituality involves mindfulness techniques such as meditation or deep breathing exercises, which enhance concentration and focus during competitions towards desired outcomes [40]. The coaches & educators promote sportsmanship and ethical decision-making through integration of sports programs in spiritual values as sports spirituality inspire them to be positive role models [41]. Spirituality in sports inspires students to rise their abilities, and support they receive from others and recognizing interconnectedness of all participants in sports fosters humility and a balanced perspective on failure and success [42]. Thus, engaging in physical activities like sports lead to heightened

sense of spiritual well-being, peace, and connection with oneself and universe as sports inspire ethical behavior like sportsmanship, fair play, and respect for opponents, which are rooted in spiritual values [30].

The participation in sports can enhance these mental, physical, and spiritual well-being, causal to holistic development in the diverse and leading environments [21]. As, providing financial subsidies and support for low-income families help make sports more available to everyone as designing sports programs that are culturally sensitive and relevant to the needs of different communities can enhance participation [28]. The campaigns that climax benefits of sports for mental, physical, and social well-being can increase the public engagement. The socio-cultural factors play a foundational role in development of sports by influencing attitudes, access, and support structures [43]. The regular participation in sports improves cardiovascular strength, health, flexibility and inclusive physical suitability, reducing the risk of the obesity and related diseases as engaging in the sports from young age promotes lifelong healthy habits, inspiring students to maintain active lifestyle [44], that are required for comprehending various leading outcomes for success.

CONCLUSION

The research on socio-cultural and socio-religious factors in predicting sports participation often emphasizes on how these factors influence group and individual engagement in sports. The concept of sports spirituality serves as mediating factor in this relationship, helping to explain how socio-religious and socio-cultural influences translate into actual sports participation. The cultural traditions and principles impact significantly sports participation as the societies that value competitive sports and physical fitness tend to have higher participation rates. The family attitudes towards physical activities and sports play a crucial role as supportive families inspire more active participation in sports. In this connection, the researches revealed that community programs and sports facilities can facilitate greater involvement in sports by providing access and opportunities. The societal expectations regarding gender can impact participation rates as in some cultures, sports are traditionally male-dominated, while in others, female participation is equally encouraged. The religious practices and teachings can either inspire or dishearten the sports participation as some religions promote physical activity as part of balanced lifestyle, while others may place restrictions on certain types of physical engagements. The participation in sports over religious events can foster sense of belonging and community, inspiring more individuals to engage in sports.

Recommendation

1. There is a need to develop policies that recognize the socio-cultural and socio-religious factors to create inclusive environments for sports participation to encourage the sports officials to consider religious and cultural practices when scheduling diverse events and designing programs.
2. To design sports programs that incorporate and respect religious and cultural values and this includes accommodating religious traditions, gender-specific activities where necessary, spirituality in program curricula to highlight the holistic & spiritual benefits of sports participation.
3. There is a need to engage religious leaders in helping sports to leverage their encourage and influence broader participation to develop community-based sports initiatives that

emphasize the spiritual and communal benefits of sports, fostering a sense of belonging and diverse supports.

4. There is a dire need to launch awareness campaigns to educate communities about the benefits of sports, including physical health, mental well-being and spiritual serenity. These factors may focus importance of socio-cultural, socio-religious factors to integrate sports spirituality.

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