

Perception of the Government College teachers regarding life skill (commitment and discipline) production through sports

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Abstract: *Sports play a significant role in promoting healthy life skills in individuals. Life skills (commitment, dedication, temperament, confidence, and discipline) are considered very vital for the grooming of sound personality. The quantitative research approach will be adopted to obtain the desired information on the role of life skills. In this regard, the total population of the study has been 84 teachers. Due to the teachers' engagement in different classes, we will be taking a sample of 33 teachers. The analyzed data expected finding of the tested hypothesis that has been helpful for parents of the students' teachers, administration, and students, through sports cultivation qualities. A conclusion of the study was designed according to the findings. There ae most of the responded claimed that the sports students in our class do the presentation on time, and there presentation more effective than general students, and follow the rules and regulation , the sports students actively participation in co-curriculum activities, there are athletes have a sound postures.*

Keywords: The perception of the Government College Peshawar teachers regarding life skills (commitment and discipline) production through sports.

Introduction

This research explores the role of sports in fostering key life skills, particularly commitment and discipline, among students in government colleges in Peshawar, Pakistan. These skills are vital for academic success as well as personal and professional growth. Commitment involves dedicating oneself to a task and consistently putting in the effort, while discipline focuses on maintaining focus, adhering to routines, and following structured guidelines. While the physical benefits of sports are well-documented, there is increasing recognition of their significant impact on developing life skills, including commitment and discipline. Participation in sports requires students to maintain regular training schedules, comply with the rules of the game, and strive for continual improvement.

Life skills, including obligation, discipline, leadership, and teamwork, are essential for the success of students. These abilities not only enhance academic performance but also improve social interactions and are vital for future career events. Attractive in sports provides students with a dynamic and pleasurable platform to develop these abilities beyond the predictable educational framework. Commitment in the land of sports involves dedicating significant time and effort to practice and enhance

one's skills.

The Government College educator is a vital factor of the institution, and their involvement in sports activities serves to boost life skills, commitment, and discipline. The focus of this study is to highlight the significance of various societal stakeholders, particularly Government College educators, who are instrumental in the growth of their communities. These stakeholders contribute to societal advancement in multiple ways. Additionally, participation in sports is recognized for its ability to promote essential life skills such as commitment, punctuality, integrity, which are crucial for preparing individuals to attack future challenges.

Research questions

The confidence level of the sports-admitted students is higher than general students.

Sportsmen follow the rules & regulations of the college.

Hypothesis

Government College teachers perceive that sports activities enhance students commitment and discipline leading to improve academic performance.

Government College teachers believe that sports play a significant role in developing commitment and discipline

Review of Literature

Perception is a key issue in determining the success of educational strategies, especially regarding sports and the cultivation of life skills. The manner in which individuals view sports can greatly affect their engagement stages and their understanding of the larger advantages connected with these activities. In an educational setting, the perceptions held by teachers regarding the significance of sports—particularly in development vital life skills such as discipline and commitment—are crucial for the successful combination of sports into both formal educational syllabuses and secondary programs (Woods & Smith, 2022).

Life skills include a varied collection of abilities and qualities vital for individuals to succeed in society. These skills include not only cognitive and intellectual abilities but also emotional, social, and behavioral capabilities that enable individuals to adapt to changing circumstances, solve problems, and relate to others in meaningful ways.

Sports usually have been documented for their role in improve physical health; however, their benefits reach well outside the empire of physical fitness. Many sports initiatives focus on humanizing vital life skills in combination with athletic training. This dual focus is crucial because the skills learned through sports are not only valuable in the context of competition but also translate into other areas of life, such as school, work, and interpersonal relationships.

Commitment and self-discipline are among the vital life skills cultivated through participation in sports. These qualities grip specific significance in educational environments, where students are required to meet limits, concentrate on prolonged projects, and exert continued effort over time. Competitors must prove commitment to their training routines, follow their objectives diligently, and continue through obstacles contempt facing problems.

Methodology

We have applied the quantitative approach of methodology to find out the “Perception of the Government College teachers regarding life skills (commitment and discipline) production through sports”. Data was collected from the Govt colleges Peshawar teachers with the help of a questionnaire. The collected data was analyzed to identify and implement the study's goals.

The following research employs a quantitative approach to investigate the “Perception of the

Government College teachers regarding life skills (commitment and discipline) production through sports. This methodology outlines the systematic process undertaken to collect, analyze, and interpret data from Government College Peshawar teachers. The aim is to identify the enhance sports programs, optimize resources, promote student participation, and improve health outcomes through leadership, mentorship and life skills, commitment & discipline.

The data collected from Government College Peshawar teachers were using a questionnaire by hand on the page. 5 options were given to every question on the Likert scale (agree, strongly agree, neutral, disagree, strongly disagree). The number of questions was 27 in the questionnaire. Which were made valid and reliable through experts' views.

Findings

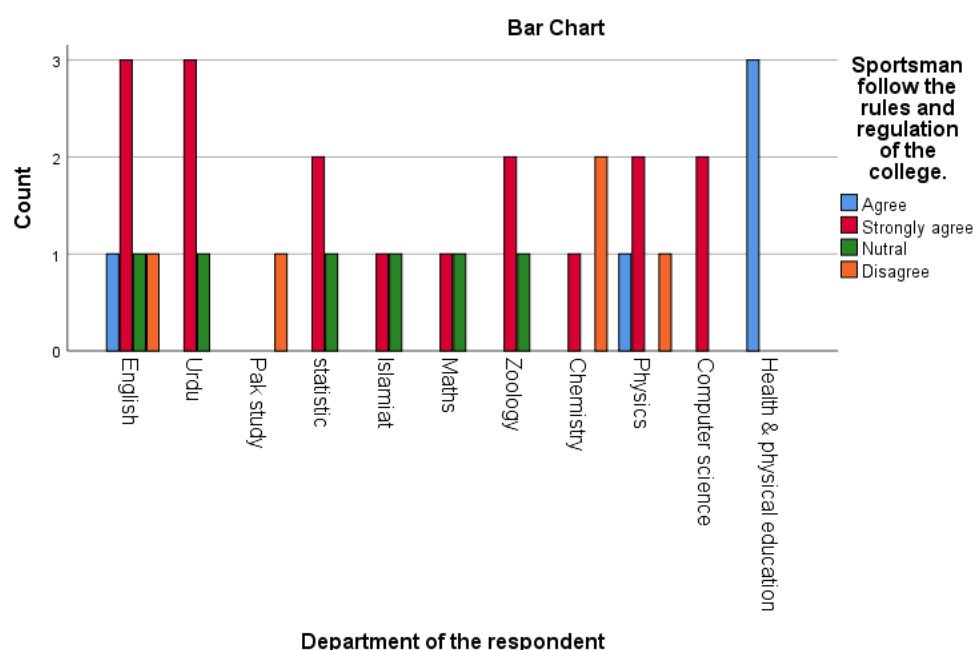
i. 100% of Health and physical education department teachers are in favor, 50% of Islamic department teachers strongly agree, and 67% of chemistry department teachers disagree with the statement that sportsmen follow the rules and regulations of the college. (Table 4.4)

ii. 67% of English department teachers are in favor, 67% of statistics department teachers disagree, and 67% of chemistry department teachers are neutral to the statement that the confidence of sports students is higher than general students.

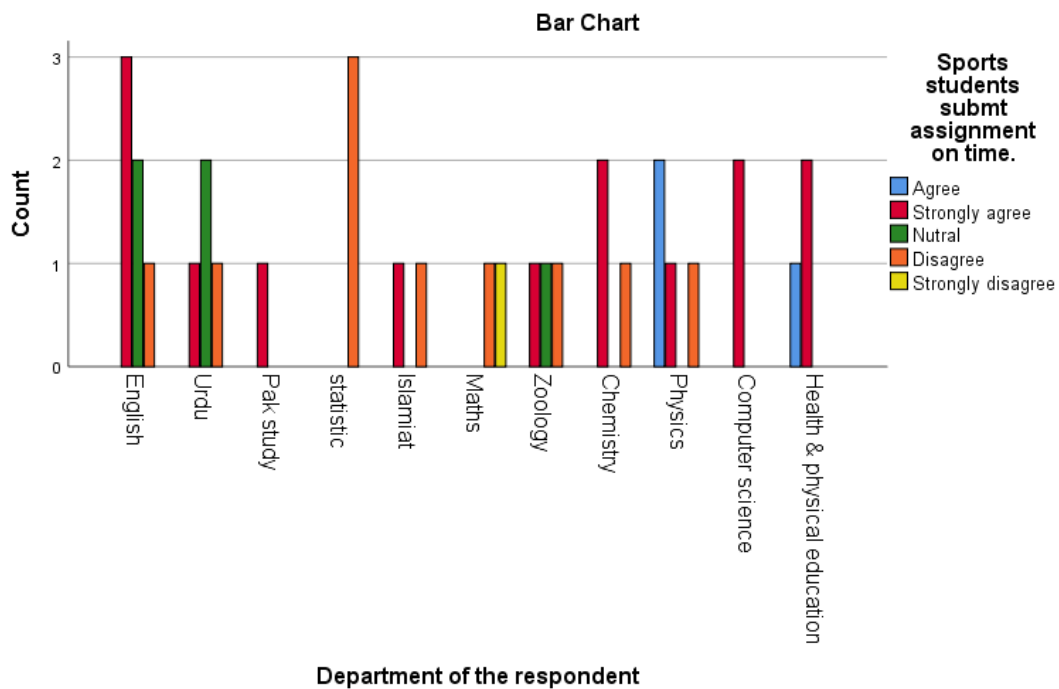
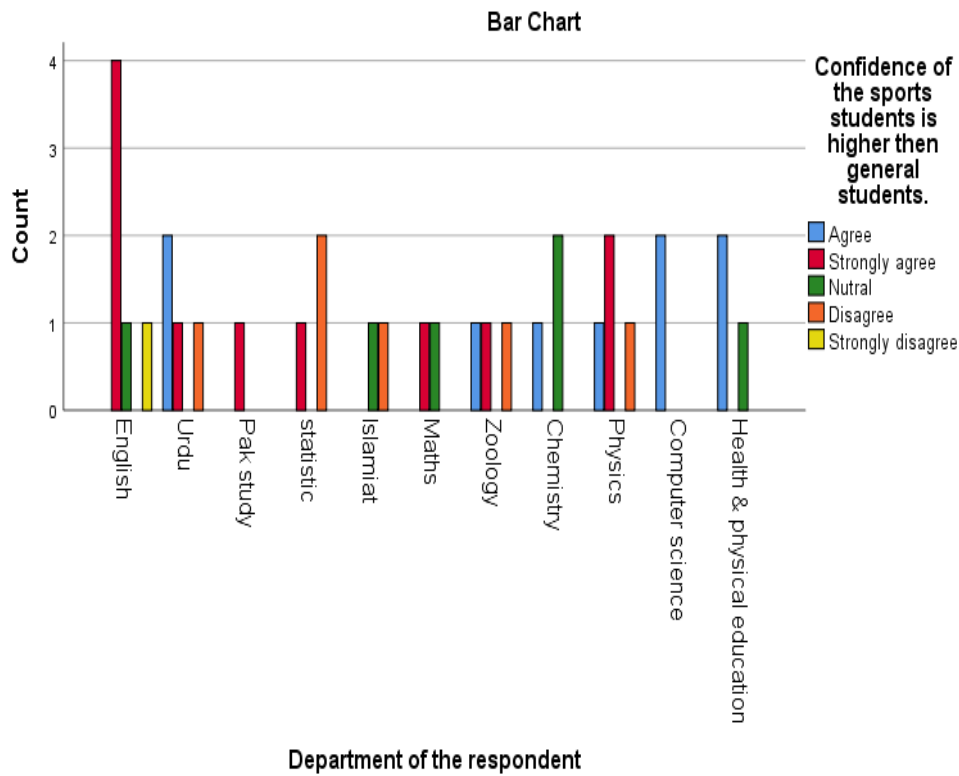
Analysis:

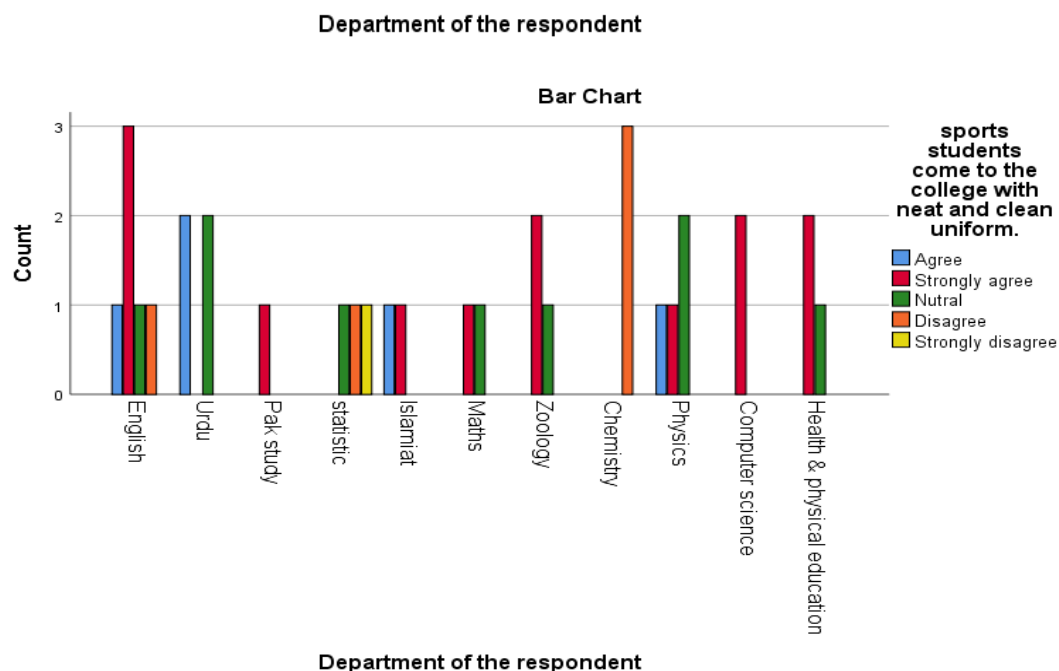
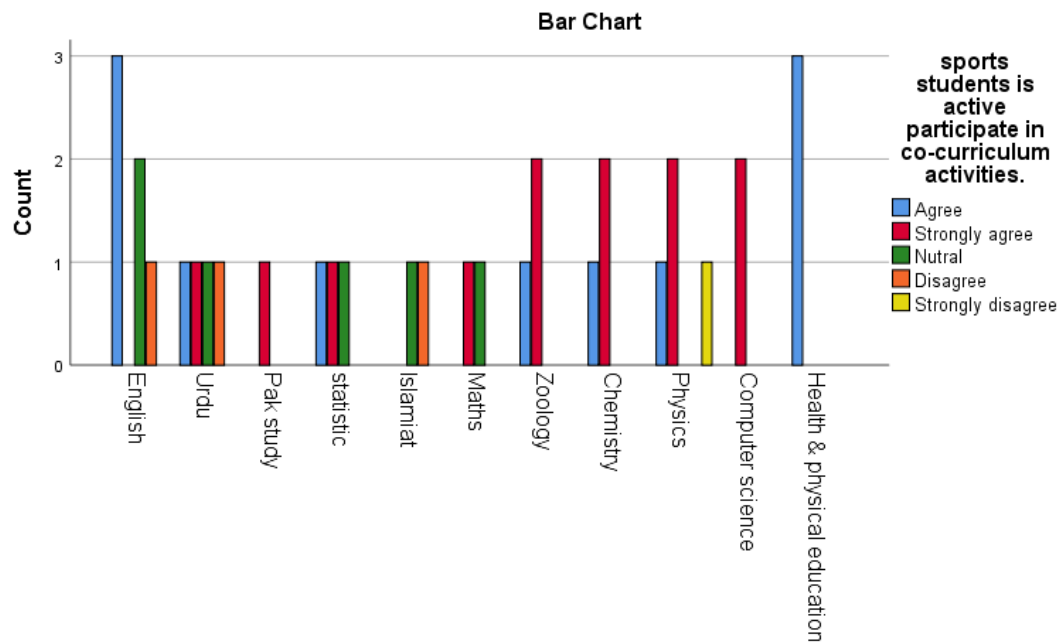
Analysis is the most important study in the methodology of this thesis. Without analyzing we cannot reach to conclusion and recommendation. In this thesis, we used SPSS V26 for analysis. We analyzed 27 questions on SPSS and then each question was modified for recommendations.

Results and Discussion



4.5 Presentation of sports students more effective than general students.





Conclusion

The conclusion is hereby made based on the findings of the teachers about the life skills of the students. The respondents are in favor of the sports students' confidence level being higher than general students. Most of the respondent also claimed that sportsman follow the rule regulations of the college than general student.

Suggestions

- ❖ Higher Education department may need to arrange sports activities week in curriculum contents.
- ❖ Government College Peshawar may need to incorporate periodic refresher courses on rules, ethics, and discipline for sports students.

- ❖ The higher education department may need to conduct group activities aimed at fostering better communication among peers.

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