



## Original Article

## Factors Responsible for Non Participation in Sports Among Transgender: A Cross Sectional Approach

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## ABSTRACT

Transgenders are not actively participating in sports in Pakistan. There may be many factors and barriers involved for their non-participation **Objective:** To investigate the factors responsible for the non-participation of transgender in sports. **Methods:** Cross-sectional approach was applied for the collection of required data. Snowball sampling technique for the selection of purposive sampling was applied. Appropriate questionnaire was prepared and used for data collection from a sample of (n=118) individuals with mean age 16 years. Feasibility of the questionnaire was obtained with the help of pilot testing by selecting 30 individuals. **Results:** The analyzed data have shown that almost all transgender have agreed upon the importance of sports in their lives. At the same time, the results have shown that different factors such as governmental, societal and personal significantly contributing for their non-participation in sports (0.024 < 0.05, 0.07 < 0.05 & 0.009 < 0.05). **Conclusion:** The results of the study indicated a viewpoint of the transgender that describes sports as one of the important means for getting recreation and satisfaction. Given this stance, one might expect that transgender would experience discomfort while participation in sports. However, the research findings do not reveal any deleterious effect of sports participation in light of the views of transgender.

## INTRODUCTION

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 while others keep it confidential. Anybody who deviates from any of the normative beliefs about sex/gender is considered to be a deviant [1,2]. These deviants start finding outlets for expressing deviant

behavior, desires or impulses as family, friends and society try to find the ways to forcibly culminate that. This may lead in forming small organized support groups where he/she find acceptance and appreciation for deviant behaviors/identities. Such groups exist all over the world under different titles [3]. In some cultures, they are considered as neither men nor women and not necessarily be considered as deviant as they occupy respectable social position. While, in some cultures people believe that they are blessed with some divine power [2]. Around the globe, proper consideration has been giving to the transgender in term of providing facilities for sports and other physical activities [4]. Fitness sports in a gym can be important

outlet to participate in sports and other physical activities among transgender. As a result, it is imperative to establish to provide conducive environment in which the transgender can benefits physical as well as mental health of these activities. Research studies indicated that transgender population has been reported a high risk of anxiety and depression, therefore; their psychological problems could be managed with the help of sports and other physical activities. Furthermore, research in the area of transgender people revealed that sports and other physical activity are considered important means of maintaining appropriate weight compulsory to suffer gender-confirming surgery [5]. Research has acknowledged that no single person amongst the transgender will intend to undergo gender-confirming surgery [6]. Evidences reveals that participation of transgender in competitive sport is believed as harmful for them [7]. Participation in sports of transgender people has been the topic of debate among sports personnel, sports organizations and even among the general masses [8]. It is generally believed that an androgenic hormone converse the outcomes gained through participation in sports and athletic activities. Consequently, the transgender female individuals are supposed to grasp an advantage in sport. Meanwhile, transgender men are not thought to possess an athletic advantage, despite being injected with testosterone if they chose to medically transition with cross-sex hormones. To ensure the participation of transgender in sports, the International Olympic Committee (IOC, 2004) decided that transgender people could be provided an opportunity in the coming Olympic Games. Although, the policy formulated in 2004 has been significantly influential for those organization who constitute policies. The policy recommended by (IOC) will be displayed afterwards [9]. To address the present problem, this research has focused upon two main objectives. Firstly, the researcher has disclosed the viewpoint of transgender regarding the benefits of sports' participation. Secondly, to investigate the factors causing for non-sports participation among transgender in the jurisdiction of Punjab, Pakistan.

**METHODS**

A quantitative research design was applied for the systematic investigation of the issue. All the trans-gender masses of Punjab (Pakistan) were selected as subjects to investigate. Snowball sampling method was used. A self-developed questionnaire in the light of related literature was used. Every possible effort to develop the items of the questionnaires considering the difficulty level of the respondents were done. Pilot survey was conducted by

selecting 30 transgenders in order to assess the difficulty, ambiguity and complications in the items of the questionnaire. The questions were then used for validity and reliability. The collected responses of the respondents were analyzed with the help of computer software SPSS, version 24. Frequency and percentage was used for demographics information. For hypothesis testing Chi-square and multiple regression were used for most effected barrier responsible for Non-participation in sportsamongtransgender.

**RESULTS**

Table 1 shows frequencies and percentages of Shemale and Hemale in the sample. There were total 15 Shemale and 103 Hemale in the sample. The percentage of Shemale was 12.7% and Hemale was 87.3%. total Shemale and Hemale were 118 and percentage was 100%.

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
She male	15	12.7	12.7	12.7
He male	103	87.3	87.3	100.0
Total	118	100.0	100.0	

**Table 1:** Shemale and Hemale frequencies and percentages of the sample

Age of Transgenders				
Gender	Frequency	Percentage%	Valid %	Cumulative %
11 to 20	30	25.4	25.4	25.4
21 to 25	25	21.2	21.2	46.6
26 to 30	34	28.8	28.8	75.4
31 to 35	15	12.7	12.7	88.1
35 to 40	12	10.2	10.2	98.3
41 & Above	2	1.7	1.7	100.0
Total	118	100.0	100.0	
Level of Education				
Class 0 to 05	50	42.4	42.4	42.4
Class 6 to 8	34	28.8	28.8	71.2
under Matric to Matric	26	22.0	22.0	93.2
FA	6	5.1	5.1	98.3
BA	2	1.7	1.7	100.0
Total	118	100.0	100.0	
Time of Exposure as Transgender				
1 to 10 Years	58	49.2	49.2	49.2
11 to 15 Years	50	42.4	42.4	91.5
16 to Above Years	10	8.5	8.5	100.0
Total	118	100.0	100.0	
Transgender Accommodation				
With Family	9	7.6	7.6	7.6
With Friends	15	12.7	12.7	20.3
With Guru	92	78.0	78.0	98.3
Others.	2	1.7	1.7	100.0
Total	118	100.0	100.0	
Socioeconomic Status				
Dependent	23	28.0	28.0	28.0

Independent	85	72.0	72.0	100.0
Total	118	100.0	100.0	
Average Income Per Month				
10000	23	19.5	19.5	19.5
11000 to 20000	64	54.2	54.2	73.7
21000 to 30000	27	22.9	22.9	96.6
31000 to 40000	4	3.4	3.4	100.0
Total	118	100.0	100.0	

**Table 2:** Sociodemographic features of participating transgenders

Table 2 showing the frequencies and percentages of transgender respondents in respect of their age. Total 11 years to 20 years transgender were 30 (25.4%), 21 years to 25 years were 25 (21.2%), 26 years to 30 years were 34 (28.8%), 31 years to 35 years were 15 (12.7%), 35 years to 40 years were 12 (10.2%) and 41 years and above were 2 (1.7%). The level of education frequencies and percentages of the transgender in the sample. The transgender educated from 0 to 5 class were 50 and percentage was 42.4%, Class 6 to 8 class were 34 and percentage was 28.8%, under matric and matric were 26 and percentage was 22%, transgender having qualification FA were 6 and percentage was 5.1%, and total Transgender having education BA were 2 and percentage was 1.7%. The frequencies and percentages of respondent's exposure as transgender, the Table shows that 1 to 10 years of exposure as transgender respondents were 58 and percentage was 49.2%, 11 to 15 years of exposure as transgender respondents were 50 and percentage was 42.4% and 16 years and above as transgender were 10 and percentage was 8.5% (Table 2). The total transgender accommodation with families were 9 and percentage was 7.6%, total transgender accommodation with friends were 15 and percentage was 12.7%, total transgender accommodation with Guru were 92 and percentage was 78% and living with other places were 2 and the percentage was 2%. The frequencies and percentages of transgender respondents in respect of their socio-economic status. Total dependent transgender were 33 and percentage was 28% and total independent transgender were 85 and percentage was 72% (Table 2). The total transgender having average income per month 10000 were 23 and percentage was 19.5% in the sample, total transgender having average income per month 11000 to 20000 were 64 and percentage was 54.2%, total transgender having income 21000 to 30000 per month were 27 and percentage was 22.9% and total transgender having average monthly income 31000 to 40000 were 4 and percentage was 3.4% (Table 2).

Testing Variable	N	Mean	SD	Minimum	Maximum	Chi-Square	Sig.
Views of Transgender	118	3.6276	.23758	2.61	3.83	173.837	.000
Governmental Factor	118	3.2821	.27607	2.86	4.00	130.678	.000
Social Factor	118	3.5266	.26658	2.67	3.93	178.949	.000
Personal Interest	118	4.2729	.23044	3.00	4.60	114.881	.000

**Table 3:** Chi-Square test showing the Views of transgenders, Governmental factors responsible for non-participation of transgenders in sports, social factors and personal interests regarding non-participation in sports, = .05

According to the Table 3 the Chi-square is  $\chi^2 = 173.837$  and  $p = .000 < .05$ . Therefore, the formulated hypothesis that transgender have very positive views regarding participation in sports is hereby accepted. These results indicated that the transgender have agreed upon the benefits of sports participation. Table 3 is representing the perceived stance of transgender regarding governmental barriers causing for their non-sports participation. The above sketched table confirming that the Chi-Square  $\chi^2 = 130.678$  and  $p = .000 < .05$  that confirms the hypothetical assumption that governmental barriers causing for non-participation in sports among transgender. The confirmation of hypothesis means that the transgender have agreed that governmental barriers significantly contributing for non-participation in the way of their participation in sports. According to the above table 3, the Chi-Square  $\chi^2 = 178.949$ ,  $p = .000 < .05$  that confirms the hypothetical assumption that social barriers causing for non-participation in sports among transgender. The Chi-Square  $\chi^2 = 114.881$  while  $p = .000 < .05$  that accept the above alternate hypothesis. The acceptance of hypothesis means that the transgender has agreed that personal interest significantly contributing for non-participation in the way of their participation in sports (Table 3).

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

**Table 4:** Multiple regression showing the most dominant factors causing for non-sports participation among transgender

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

Table 4 is displaying the most dominant factors causing for non-sports participation among transgender. According to the analyzed data, the R was found 0.424, 0.464 & 0.512 respectively for governmental barriers, societal barriers and personal barriers. As a result, it is found that personal barriers were the dominant factors causing for non-sports participation among transgender.

## DISCUSSION

On the basis of data analysis, it was found that significantly government is a factor behind the non-participation of transgender in sports activities. The results of the present study in link and in line with previous researches [10]. The researcher also found that societal factor is the factor behind the non-participation of transgender in sports. The result of the study in link and in line with previous studies [11-13]. The personal interest was also a factor behind the non-participation of transgender in sports. The results of the study in link and in line the previous studies [14-16]. There was no any significant difference found between the transgender in respect of their demographic attributes (gender, age, locality, qualification, kind of physical activity, average time spend in physical activities, time of exposure as a transgender, accommodation, socio economic stats and average income per month) regarding factor behind the non-participation of transgender in sports [17-22]. The results of the study indicated a viewpoint of the transgender that describes sports as one of the important means for getting recreation and satisfaction. Given this stance, one might expect that transgender would experience discomfort while participation 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.

## CONCLUSION

The results of the study revealed that factors like governmental, societal and personal significantly contributing for their non-participation in sports. Furthermore, with broadening of the transgender role, those who have developed sense of autonomy and positive self-esteem can better able to perform well in the society. This can be done if the transgender can equip with the basic right of provision of recreation in term of sports and other athletics activities.

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