



Research Journal of Social Sciences

ISSN: 1815-9125

JOURNAL home page: <http://www.aensiweb.com/RJSS>

2015 Special; 8(5): pages 21-23.

Published Online 16 January 2015.

Research Article

Relationship of Barriers and Islamic Practice In Physical Activity Participation Among Muslim Women

Naural Laila Azwanis Juhari, Dr. Vincent Parnabas and Dr. S.Salahudin Suyurno

Faculty of Sport Science and Recreation, Universiti Teknologi MARA (UiTM) Shah Alam, Malaysia

Received: 11 October 2014; Revised: 21 November 2014; Accepted: 25 December 2014; Available online: 16 January 2015

© 2015 AENSI PUBLISHER All rights reserved

ABSTRACT

Many studies stated that Muslim women have lower rates of participation in physical activity and there also been a misconception that Islam prohibited physical activity and there is Muslim societies does not allow any physical participation particularly among Muslim. Reality, Islam actually promotes good health and fitness for both men and women by following the guidelines that been stated long times ago. This research is about the relationship between barriers in physical activity and whether Islamic practices also influence the participation in physical activity. The sample consisted of 455 UiTM students from four different UiTM campuses in Selangor. Two different questionnaires were used in this research and the result showed that there is no relationship between these two variables (0.441). Therefore, the needs to understand the key areas of barriers and Islamic practice in physical activity participation is crucial as a result to find an essential step to encourages Muslim women to participate in physical activity.

Keywords: Barriers; Islamic Practice; physical activity; Muslim women

INTRODUCTION

Most of the Muslim girls in Islamic society are structured and moved toward their life by following the religious belief and values. It was a fundamental to their identity and the participation to sport and any other activities that had been determined based on the factors of religions, culture and ethnicity [8]. According to Muhammad Akhbar Zahidi, Syed Kamaruzaman, & Mohd Roslan Mohd Nor [7], young Muslim women can face many issues at school during physical education and sport activities because of the restrictions that place them by their culture, sex, religion and ethnicity. All of these factors can be the main reason why women not participated in physical activities compare to men.

Due to misconceptions about Islamic culture and lack of awareness of matters concerning religion, many Muslim girls were prohibited to participate in any physical activity because of their fear of discrimination of negative attitudes from the society and religious leaders [8]. According to Dr. Ali Muhyi Ed- Deen Al-Qara Daaghi stated that:

“Cannot be denied that Islam has never prevented women involve themselves in the sport. However, there are several conditions that must be taken into account.”

Other sport scientists says that both men and women, emphasis that health and fitness are important for both of them. Islamic culture refers to the lived experience being a Muslim. It needs to be stated that Muslim females are not an homogeneous group and that there are differences in how they

choose to resolves religious and demands. For example, some choose to adopt the hijab and Islamic dress [5].

Islam had mention that sport such as swimming, archery and horse-riding will encourages both men and women to involves in physical activity in order to maintain the healthy lifestyles [7]. Islam had encourages its followers to stay healthy and strong.

“Against them make ready your strength to the utmost of your power, including steeds of won, to strike terror into (the heart of) the enemies, of Allah and your enemies, and other besides, whom you may not know, but whom Allah do know. Whatever you shall spend in the cause of allay, shall be repaid unto you, and you shall not be treated unjustly.”

[Al- Anfal 8:60]

Participation of Muslim women in physical activities depends on many factors such as origin, religious orientation, gender norms, culture, parents, family, relatives and society member support. These are the factors which shape different attitude and beliefs on physical activities. Some Muslim women face many problems when try to participate in physical activity such as dress code, time constraints, facilities, family problems and physical exertion. Others also said that Muslim women also facing the barriers because of religious and cultural reasons toward physical activity participation [4].

Therefore the researcher need to determine the barriers in physical activity participation and it's

relation with Islamic practice of Muslim women who lack practice in physical activity in order to find as essential step before planning the strategies to raise or motivate their participation in physical activity and whether Islamic practice can encourages and influence Muslim women to participate in physical activity.

2. Objective:

The objective of study was to investigate the relationship between barriers and Islamic practice in physical activity participation among Muslim women.

Materials and Methods

The sample consisted of 455 female students (Muslim), were invited to participated in this study. The sample was drawn from four different UiTM in Selangor. Exercise benefit and barriers scale was used which comprised of time constraints (3 items), exercise milieu (6 items), physical exertion (3 items) and family discouragement (2 items). Islamic practice questionnaire all the items were originally been adopt and adapted from appreciation of religious life by S.Salahudin Suyurno and MRPI by Krauss. The questionnaire were divide to three sub-domain that is self (5 items), social (5 items) and ritual (12 items).

Table 1: barriers sub-domain.

Perceived barriers to exercise	
Time constraints	(1,9,12)
Exercise milieu	(3,4,5,6,10,14)
Physical exertion	(2,7,13)
Family discouragement	(8,11)

Table 2: Islamic practice sub-domain.

Sub-domain	Items
Self = relationship with our self	5, 7, 10, 12, 16
Social = relationship with others and environment	2, 6, 9, 14, 15
Ritual = direct relationship with Allah S.W.T	1, 3, 4, 8, 11,13,17,18,19,20,21,22

Result:

The level of barriers and Islamic practice in physical participation

Correlations			
		barriers	Islamic practice
Barriers	Pearson Correlation	1	.036
	Sig. (2-tailed)		.441
	N	455	455
Islamic practice	Pearson Correlation	.036	1
	Sig. (2-tailed)	.441	
	N	455	455

A Pearson correlations coefficient was computed to assess the relationship between barriers and Islamic practice in physical activity participation

among Muslim women based on UiTM students perceptions. The results show that there were no relationship between the two variables, $r = 0.036$, $n =$

455, $p = 0.441$. That means, increases or decreases in one variable do not significantly relate to increases or decreases in second variable.

Discussion:

A Pearson correlation had been conducted to determine the relationship between barriers and Islamic practice in physical activity participation. The results showed that, there were no significant relationship between barriers and Islamic practice. Although students showed higher score in Islamic practice it doesn't mean score for barriers also higher. The above mentioned results shown positive attitude toward physical activity is positive and they aware the benefit if involve in any physical activity but others factors as well as physical challenge forbid them to start participating in any activities. Its confirmed that Islam encourages the women to participated in physical activity to had a good health and lifestyles but sometimes their family, friends and community not support them to participate and because of this, its discourage them.

Muslim women can participate in physical activity after observing some guidelines especially dress code. Dress code includes covering the hair, arms, legs and breast.

Younis khan [8] categorized the Muslim countries in to three categories. Malaysia in second categories which is comprised of those Muslim countries that are modest but at the same time observed Islamic dress code in any participation. Everyone had the right to choose what to wear in any activity that there are involved.

Recent findings stated that Muslim women are aware about the benefit and importance of physical activity yet the participation is limited because of many other factors [3].

Conclusion:

From the analysis and finding of this study it can be justified that barriers and Islamic practice is not likely related to each other but Islamic dress code can be one of the factors why Muslim women hard to involved in physical activity.

The participation of Muslim women in physical activity had been topic of debate for some times. All the findings showed many factors that cause Muslim women not involved in physical activities. Some philosophy said that Islam prohibited women participation in physical activity and other says Muslim women had the right to participated and not prohibited by Islam. It's also said that family factors, cultural, ethnic and physical appearance constrained women to involve in physical activity [3]. Further study need to done to see how accurate

those findings and could impact deeper insight perspectives.

Acknowledgment

There is no acknowledgment.

Authors' Contribution

Dr. Vincent Parnabas and Dr. S.Salahudin Suyurno in developed the idea and had an important role in the result and material section. Mdm Wahidah Tumijan performed the statistical analysis and research paper format.

Financial Disclosure

There is no financial conflict

Funding/Support

No financial assistance was obtained from any organization or company. The project was funded by the institution itself.

References

1. Al- Quran Al-Karim
2. Al- Hadith Al-Sharif
3. Dangkas, S., T. Benn, H. Jawad, 2010. Multiple voices: improving participation of Muslim Girls in physical education and school sport. *Sport, Education and Society*.
4. Mohammad Younis Khan, Asif Jamil, Umar Ali Khan, Uzma Kareem, Ghazanfar Imran, 2012. Female Students Opinion about Women's Participation in Sports. *International Journal of Academic Research in Business and Social Sciences*, 2(9): 275- 283.
5. Muhammad Akhbar Zahidi, Syed Kamaruzaman & Mohd Roslan Mohd Nor, 2012. Young Muslim Women and Their Relation with Physical Education Lesson. . *World Journal of Islamic History and Civilization*., 2(1): 10-18.
6. Salahudin Suyurno, S., Sharifah Zahrah Syed Mohamad, Siti Fatimah Sudin, Ahmad Sabri Osman, 2006. Islam & Pengurusan Sukan: Suatu Pengenalan. (pp: 1-120). Universiti Teknologi Mara , Shah Alam: Pusat Penerbitan Universiti (UPENA).
7. SyedAgil, Syed Omar, 2011. ISLAM DAN SUKAN. Retrieved from [permai1.tripod.com/sukan.html](mailto:1.tripod.com/sukan.html).
8. Yasmeen, I.Q., A.G. Soniha, 2011. Muslim female athletes in sport and dress code: major obstacle in international competitions. *Journal of Experimental Sciences*, 2(11): 9-13.