

# The Reasons for the Reluctance of Princess Alia University College Students' from Practicing Sports Activities

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## Abstract

This study aimed at investigating the reasons lying behind the reluctance of participation in sport activities among Alia Princess College female students, using descriptive approach. The population of the study consisted of (2000) female students, whereas the sample was of (200) students. They were randomly selected and a questionnaire of 31 items was distributed among them, the questionnaire was divided into five sections (technical, regulating and administrative, safety security, economic and social).

The study showed the most reasons for reluctance of participation in sport activities, which are administrative, economic and social reasons. The researcher therefore, based upon these findings, recommends increasing the importance of practicing in sport activities throughout lectures and symposia and providing First-aid specialist at the Sport Section, then spreading this study among couches and supervisors at the Sport Section in the college.

**Keywords:** reluctance from participating in sport activities

## 1. Introduction

People are constantly competing in all aspects of life, sport activity is one of those aspects which are very significant for the countries and nations to prove their selves in progress and superiority in sports. Since civilized nations are measured by how perfectly their people use the human potential wealth in safe and sound energies which they finally contribute in humanity progressing (Obeidat, 2006; Rabab'ah, 1999).

Sport activities are important in building the students' character in all fields; mentally, physically, psychologically and socially as well. Thus, complete, comprehensive and poise growth at this moment will be achieved for him/her. Since sports activities are parts of other intellectual and scientific reasons which contribute in individual balance.

Sports are significant educational activities designed to make an individual adoptable within his/her life and society throughout improving his/her mental, psychological, physical and social aspects (Yaseen, 2008; Obiedat, 2006). Princess Alia University College plays an important and supportive role in developing sports, as it is a part of developing youth process. It embraces a huge number of female students in different categories and specializations, the college itself seeks practicing various sport activities throughout setting female students forward. It has recently established development for sport activities on both individual and team competitions.

This procedure helped attract distinguished female players so as to organize friendly and formal matches among them and to instill the spirit of sport competitions held by the university as well. Sports could reach and touch every place in the university, holding the activities and sparkling the winners. Hence, qualified and well-experienced female trainers have been appointed, getting the enthusiasts at sport, female students are attached to present their teams at sport congregations. The college then spent a lot of money to take part in sport competitions and games as a way of media for the sake of presenting it in addition to scientific brochures and providing contributions to serve the community.

### 1.1 Significance of the Study

The significance of this study is being prominent since it is conducted and affected directly on sport category at the college. It also helps the supervisors and trainers have female students been aware of practicing such these activities which have a great advantage on their mental and physical health, it therefore polishes their characters in order to be able to understand the meaning of practicing sports.

### *1.2 The Problem of the Study*

Each term of academic calendar, sport department in the college opens its gates towards encouraging female students to practice sports and form teams. This basically occurs by spreading posters on public boards, it leads the individual to acquire good traits psychologically, physically, mentally and socially. Thus, the comprehensive and supportive balance can be achieved.

In the light of the researchers' experience in sports, and as being instructor and specialist in the college at the university, the researcher noticed there are a tremendous number of female students whom joined practicing sports, were participating in an intermittent short-time, they were joining for short period of time only, quitting practicing sports, being not on the time at training programs, or being unable to participate in competitions.

All that led to decrease their potential performance. Nevertheless, there is a hall equipped with all necessary sport accessories. This may uncover that female students do not have any tangible sport interest, nor have the cultural awareness of sport at all.

For all this, the researcher has a strong motivation to conduct this study aiming at investigating the reasons of reluctance from practicing sports among female students at Princess Alia University College.

### *1.3 Aims of the Study*

The study aimed at:

- Investigating the reasons behind reluctance from practicing sports among female students at Princess Alia University College and its relationship with studying stage variable (Mid-Diploma and Bachelor degree).
- Investigating the reasons behind reluctance from practicing sports among female students at Princess Alia University College that attribute to the studying stage variable (Diploma and Bachelor degree).
- Investigating the reasons behind reluctance from practicing sports among female students at Princess Alia University College that attribute to accumulative average variable.
- Investigating the reasons behind reluctance from practicing sports among female students at Princess Alia University College that attribute to living locations variable.

### *1.4 Questions of the Study*

This study aimed at answering the following questions:

- What are the reasons lie behind reluctance from practicing sports among female students at Princess Alia University College?
- Are there any statistically significant differences in reluctance from practicing sports among female students at Princess Alia University College due to (Diploma and Bachelor degree) variable?
- Are there any statistically significant differences in reluctance from practicing sports among female students at Princess Alia University College due to accumulative average variable?
- Are there any statistically significant differences in reluctance from practicing sports among female students at Princess Alia University College due to living locations variable?

### *1.5 Limitations of the Study*

Population domain: This study deals with female students at Princess Alia University College only.

The spatial domain: The procedures conducted in this study were at Princess Alia University College.

The time domain: This study has been conducted between 1/6/2012 - 1/4/2013.

## **2. Previous Studies**

- Jabe (1990) conducted a study entitled "the reluctance of Bahraini female students from practicing sports." It aimed at gaining the reasons which make them reluctant from participating in sports in Bahrain.

The researcher applied descriptive approach on female students at schools in a sample of (62), parents (62), and female teachers (37) and (12) headmistresses.

The sample was randomly selected, using an open questionnaire as a tool of gathering data. Findings showed several factors led to there were female student being reluctant from practicing sports in Bahrain, the most factors were religious, social and others related to leadership. The researcher recommended the coordination between course programs and practicing sports and

providing a suitable time to do so.

- Shatnawi and Abu Zama' (1999) conducted a study entitled "the reasons behind reluctance from practicing sport activities among female students at Mu'tah University. The study aimed at investigating the reasons behind reluctance from practicing sport activities. Researchers adopted a descriptive approach, the population of the study was (499), it was randomly selected in various levels of studying at the university. The researchers then used a questionnaire to gather data. Whereas the findings of the study showed the most reasons of reluctance lie behind religious, academic, sport, psychological and then the social domains.

Upon the light of these findings, the researchers recommended setting symposia for spreading sport and cultural awareness to illustrate the wrong understanding of practicing sport activities by girls, sport utilities and equipments as well as employing qualified and specialist female instructors for the purpose of practicing sports.

- Khanfer (2001) conducted a study entitled "the reasons behind reluctance from practicing sport activities for female students at National Success University." The study aimed at investigating the reasons behind reluctance from practicing sport activities among female students at Al Najah University inside the campus. The researcher used a survey descriptive approach applied on university female students between (1997-1998) of (378) female students. The sample of the study was randomly selected, the researcher distributed questionnaire among them.

The study showed the most important reasons behind reluctance of female students from practicing sports were lack of playing grounds halls, sport equipments, insufficient credit hours of physical education, lack of sport specialist, there were no suitable sports fit female students as well as a little materialistic incentive, while the audience behavior towards sports was the least reason.

Some of the prominent procedures the researcher recommended providing material and personnel necessities and providing special places for female students to practice their favorite sports.

- Al-Batikhi (2004) conducted a study entitled "the reasons behind reluctance from practicing table tennis among female students of physical education faculty."

His study aimed at investigating the reasons behind reluctance from practicing table tennis among female students. The researcher adopted descriptive approach with a sample of (72) male and female students, with population of (123) students registered at a table tennis course in the second term (2003/2004). They all were randomly selected, the researcher used a questionnaire to collect data. The results showed that the prominent reasons of reluctance were administrative, possibilities, technical, social and psychological domains. The researcher therefore recommended solving the administrative reasons by allocating a suitable time to practice sport, upon scheduling the time-table, providing qualified instructors and supporting students' tendencies and attitudes towards psychologically and socially reasons.

- Al-Batikhi (2008) conducted a study entitled "the reasons behind reluctance from practicing sports among female students at physical education course in faculty at University of Jordan. The study aimed at investigating the reasons behind reluctance from practicing sports among female students at physical education course within a sample of (183) participants which were selected randomly and population of female students at physical education, using a descriptive approach. The researcher adopted a questionnaire for gathering information. The results of the study showed the most reasons behind the reluctance from practicing sport activities were arranged in order possibilities, religious, academic, psychological, social and health reasons. The researcher then recommended limiting the reasons throughout scheduling lectures time-table at sport hall, this eventually enables providing with suitable time for participants, taking religious matters into account at a time of arranging activities and providing female students with the significance of sport activities.
- Auweele et al. (1997) conducted a study entitled "the reasons behind reluctance from practicing sports among adults in Belgium." The study aimed at investigating the reasons behind reluctance from practicing sports among adults in Belgium. The researchers adopted descriptive approach in a sample of (265) adults, who were selected randomly. The researchers used a questionnaire to gather data, the study showed different result such as self-understanding, which was the most one, the costs, cognitive benefits and negative emotions related to practicing sport activities.

- Gardner (2001) conducted a study entitled "the reasons behind reluctance from feeble practicing sport activities among students at state schools." The researcher aimed at investigating the reasons behind reluctance from feeble practicing sport activities among students at state schools. The researcher therefore adopted a questionnaire to gather information by a sample of (300) students, whereas the population of the study were the state school students in Michigan, USA who were selected randomly. The findings of the study showed the most important reasons for feeble participating was great interest in the study achievement, social status since the school stage was a transitional stage, showing certain interests prevail upon sport one, and emotional interest for instance.

The researcher recommended encouraging students to practice sport as one team, concerning (win and lose) method, encouraging students to have trust themselves as well as the interest of the government in sport activities.

### 3. Method

The researcher adopted the descriptive survey approach, since it is suitable for the nature of this study and for attaining its goals.

#### 3.1 Population of the Study

The population of this study consisted of 2000 female students at Princess Alia University College who registered in the second term 2013-2014.

#### 3.2 Sample of the Study

The sample of the study consisted of (200) female students which form (10%) out of the total population in the study who were registered at Princess Alia University College and who were reluctant from practicing sport activities. The study sample was randomly selected within a questionnaire distributed to (200) students. All questionnaires were valid and identical to the conditions of answering questions.

It is shown in Table 1 below:

Table 1. Description of the sample participants' characters and demography

Variable	Category	No	Ratio
Stage	Diploma	134	67.0
	Bachelor degree	66	33.0
	Total	200	100
Average	Excellent	30	15.0
	Very good	44	22.0
	Good	72	36.0
	Satisfied	54	27.0
	Total	200	100
Living location	Village	74	37.0
	City	125	63.0
	Total	200	100

#### 3.3 The Tool of the Study

The researcher used a questionnaire to collect data. It is constructed as follows:

- Reviewing all researches and studies related to the subject of the study (Khanfer, 2001) and (Al Batikhi, 2004)
- Reviewing researching tools used in previous studies.
- The researcher adopted an exploratory study by scouting female students' opinions that were reluctant from practicing sport activities to meet the necessary demands of the students. A group of seven female students were excluded from the main sample and another exploratory regarding expert' opinions working in sport

field at University of Jordan and Mu'tah University. Thus, the researcher has designed study questionnaire. It was subjected to a community of experts and PhD. arbitrators in order to limit the nature of domains. They all were on group of (9) experts, whereas PhD. arbitrators' comments, items, any deletion or adding anything appropriate and formulating fully viewed. It is also taken the clarity, language integrity, unity, simplicity of expression into consideration; all were distributed into five certain sections (technical, economic, safety and integrity, regulating and administrative and social).

### 3.3.1 Validity of the Tool

It was verified by nine highly-qualified and well-experienced arbitrators instructing physical education and sports.

### 3.3.2 Reliability of the Tool

Table 2. Reliability of domains in revealing the reasons of reluctance from practicing sport activities among female students at Princess Alia University College using Cronbach Alpha

No	Domains	Number of items	Ratio of Cronbach Alpha
1	Technical	4	0.874
2	Economic	4	0.756
3	Safety and integrity	7	0.849
4	Regulating and administrative	9	0.834
5	Social	7	0.832
6	Total	31	0.895

Table 2 shows that the values of reliability were between (0.756) for economic domain, (0.874) for technical domain, and for the all questionnaire (0.895), all values were considered sufficient and suitable to set such this study. However, it indicates to high level of reliable values.

### 3.4 The Procedures of the Study

The researcher distributed, after the validity and reliability being verified, questionnaires to participants of the sample where they were in lectures and being in faculty. Upon the researchers' instructions illustrated to the participants to fill the items easily and clearly, the distribution and returning process of the questionnaires was handled and supervised by the researchers' colleagues. Answering the items were only ticking (x) in the most suitable answer. The researcher and his colleagues answered all questions and inquiries set by the individuals of the sample. The researcher gave them enough time to solve the questions. Questionnaires were returned in the same way they were distributed. That is to say, a-two hundred distributed questionnaire were acceptable to analyze with a ration of (100%).

### 3.5 Statistical Analysis

To get the question of the study solved, multi-statistical methods were used as follows:

- Means
- Standard deviation
- Percentages
- Internal consistency by Cronbach Alpha
- One way analysis , NOVA

## 4. Presenting and Discussing the Findings

In the light of the aims and questions of this study, the researcher set several data statistical handling procedures that meet the questions in the sample of the reasons of reluctance from participating in sport activities among female students at Princess Alia University College. The results are depending clearly on the questions as the following:

**Question one:** What are the reasons lies behind reluctance from practicing sport activities among female students at Princess Alia University College?

Table 3. Shows the mean, standard deviations and the ratio of the domains of reluctance from practicing sport activities at Princess Alia University College in descending order

No	Domains of reasons	Mean	Standard deviation	Significant ratio	Description of the rank	Order
4	Regulating and administrative	4.08	0.61	81.54	High	1
2	Economic	4.06	0.81	81.20	High	2
3	Safety and security	4.01	0.78	80.14	High	3
1	Technical	3.98	0.66	79.53	High	4
5	Social	3.91	0.78	78.24	High	5
	Total	4.01	0.51	80.13		

Table 3 shows the total rank for the reasons of reluctance female students from practicing sport activities at Princess Alia University College was high with mean of (4.01), where the regulating and administrative domain in the table was of (4.08) as the same in the mean. While the minimal reasons for the same problem was the social domain with mean of (3.91). so the rest of the average accounts were almost between those two results.

The researcher attributed that result to less interests made by supervisors and trainers towards encouraging female students to practice sports, less commitment made by students themselves in practicing sports as well as there may be negligence made by students to keep in touch with what announced on bulletin boards regarding taking part in sport activities.

The study is consistent with Jabes' study (1990) which showed that the most reasons behind reluctance from participating sport activities among Bahraini female students were related to leadership and administration.

Table 4. Shows the average accounts, standard deviations and the ratio of the technical domain

Items	Mean	Standard deviation	Significant ratio	Rank	order
1	3.86	1.00	77.20	High	3
2	3.86	1.03	77.20	High	3
3	4.19	0.90	83.80	High	1
4	4.00	1.04	79.90	High	2
Technical	3.98	0.66	79.53	High	

Table 4 shows that the total rank of the average account recorded (3.98) was high. Whereas the third item, which provides for lacking awareness of importance of sport activities, was one of the most reasons with high rank of (4.19). But the minimal item concerning the study was the second item, which provides for "weakness of fitness among female students", was high with mean of (3.86). Where other average accounts fall in between those results.

This refers, according to the researcher, to the negligence of instilling the meaning of sports in players, encouraging them to do so, as well illustrating and training them on the wanted skills according to technical and kinetic procedures enable the students to understand the steps and then practice sports.

This study is consistent with Al Batikhi's study (2004) to investigate the reasons of reluctance from practicing table tennis at physical education faculty. The results showed that the technical section was at the third rank, whereas the administrative one was at the first rank the economic one was at the second rank, this basically indicates to consistency with the current study.

Table 5. Shows the mean, standard deviations and the ratio of the economic domain

Items	Mean	Standard deviation	Significant ratio	Rank	order
1	4.28	0.97	85.60	High	1
2	3.97	1.15	79.40	High	3
3	4.21	1.04	84.20	High	2
4	3.78	1.07	75.60	High	4
Economic	4.06	0.81	81.20	High	

Table 5 shows that the total rank of the average account for the economic recorded (4.06) was high. Whereas the first item, which provides for inappropriate training time-tables with the lectures, was one of the most reasons with high rank of (4.28). But the minimal item concerning the study was the fourth item, which provides for “that female students cannot afford sport accessories”, was high with mean of (3.78). Where other average accounts fall in between those results.

This refers, according to the researcher, to that female students like to attend lectures within the study term on Sundays, Tuesdays and Thursdays, or on Mondays and Wednesdays, this actually make them to attend the classes in specific times; not to mention for the amount of credit hours they register during the term, in this case time-table will be full and no free time to practice sports otherwise.

The researcher attributes also to the weak economy as another burden upon their parents’ shoulders who cannot afford buying sport accessories.

This study is consistent with Auwlee et al. (1997) study that indicated to the materialistic costs comes in the first rank as one of the most reasons of reluctance from practicing sports among adults in Belgium.

Table 6. Shows the mean, standard deviations and the ratio of the safety and security domain

Items	Mean	Standard deviation	Significant ratio	Rank	order
1	4.39	0.96	87.80	High	1
2	4.06	1.06	81.20	High	3
3	4.00	1.08	80.00	High	5
4	4.04	1.02	80.80	High	4
5	3.54	1.22	70.80	High	7
6	4.26	1.09	85.20	High	2
7	3.76	1.05	75.20	High	6
Safety and security	4.01	0.78	80.14	High	

Table 6 shows that the total rank of the average account for the safety and integrity recorded (4.01) was high. Whereas the first item, which provides for lacking of insufficient security, was one of the most reasons with high rank of (4.39). But the minimal items concerning the study was the fifth item, which provides for “lacking of suitable safe logistics when practicing sports”, was intermediate with mean of (3.54). Where other average accounts fall in between those results.

The researcher attributes, upon his opinion, to the lack of experiences of trainers, sport supervisors ,who are specialized in sport injuries and first-aid , instructors and lack of employing sport specialists who can take care of sport issues, this shows the university strategy to rely on trainers being as therapist rather than appointing specialized staff for the purpose mentioned.

This study is not consistent with Al Batikhi’s (2008) study which showed that the lack of possibilities and sport equipments come in the first rank, as the most reasons of reluctance from practicing sport activities among female students in physical education faculty at University of Jordan. It also disagrees with Khanfer’s (2001) study which concluded to the most reasons of reluctance from practicing sport activities among female students at the National Success University was less possibilities, less playing grounds and less equipments offered to

them all have come in the first rank as shown in the Table 7 below:

Table 7. Shows the mean, standard deviations and the ratio of the regulating and administrating domain

Items	Mean	Standard deviation	Significant ratio	Rank	Order
1	3.96	0.88	79.20	High	7
2	3.82	0.94	76.40	High	8
3	3.99	0.94	79.80	High	6
4	4.32	0.91	86.40	High	3
5	4.55	0.80	90.90	High	1
6	4.12	1.01	82.40	High	5
7	4.14	0.91	82.80	High	4
8	4.36	0.95	87.20	High	2
9	3.44	1.08	68.80	Moderate	9
Administrative and regulating	4.08	0.61	81.54	High	

Table 7 shows that the total rank of the average account for the regulating and administrative domain (4.08) was high. Whereas the fifth item, which provides for crowding the school time-table with courses, was one of the most reasons with high rank of (4.55). But the minimal item concerning the study was the ninth item, which provides for “lacking of competition sport activities”, was intermediate with mean of (3.44). Where other average accounts fall in between those two moderates.

The researcher attributes, upon his opinion, to the crowding of school time-table with courses which shows highly effect on the results. Thus, this result is consistent with Al Batikhi’s (2004) study.

Table 8. Shows the mean, standard deviations and the ratio of social items domain

Items	Mean	Standard deviation	Significant ratio	Rank	Order
1	3.67	1.25	73.30	Moderate	7
2	3.83	1.20	76.60	High	5
3	4.05	1.06	81.00	High	2
4	4.15	1.02	83.00	High	1
5	4.00	1.18	80.00	High	3
6	3.95	1.06	79.00	High	4
7	3.74	0.96	74.80	High	6
Social domain	3.91	0.78	78.24	High	

Table 8 shows that the total rank of the average account for the social domain (3.91) was high. Whereas the fourth item, which provides not accepting some families of the idea to travel the female student alone participating with the teams out of the campus, was one of the most reasons being reluctant in this domain with high rank of (4.15). But the minimal items concerning the study was the first item, which provides for “community individuals believe that practicing sport activities is done by boys only”. This was intermediate with mean of (3.67). Where other average accounts fall in between those two moderates.

The researcher attributes, upon his opinion, to the negative social view that female students take part in practicing sport activities in the community. Doing that therefore prevents them from participating in the activities. This study is consistent with Alt-Shatnawi and Abu Zame’s (1999) study. The researcher also attributes that to practicing sport activities is not only done by males, but it is also to be done by both sexes, since it is a matter of mirroring health and safe community.



**Second question:** Are there any statistical significant differences in reluctance from practicing sports among female students at Princess Alia College according to (Diploma and Bacculaureate) variable?

Table 9. Shows the results of the test (T) to study the differences in intermediates of the reasons of reluctance from practicing sport activities among female students at Princess Alia University College depending on study stage variable (Diploma and Bacculaureate)

Domain	Stage	No	Mean	Standard deviation	Value of T	Mark level
Technical	Diploma	134	4.00	0.62	0.66	0.506
	Bacculaureate	66	3.93	0.74		
Economic	Diploma	134	4.057	0.78	0.05	0.975
	Bacculaureate	66	4.064	0.78		
Safety and security	Diploma	134	4.02	0.75	0.33	0.735
	Bacculaureate	66	3.98	0.84		
Regulating and administrative	Diploma	134	4.11	0.54	1.13	0.256
	Bacculaureate	66	4.01	0.75		
Social	Diploma	134	3.93	0.74	0.53	0.595
	Bacculaureate	66	3.87	0.86		
Total	Diploma	134	4.02	0.44	0.69	0.487
	Bacculaureate	66	3.97	0.64		

Table 9 shows that value T accounted for college rank of the reasons of reluctance from practicing sport activities among female students at Princess Alia University College is of (0.69) with a level significant of (0.487). This value therefore is not statistical since the accounted level of the significant was less than (0.05). Hence this indicates the variable is not affected by the schooling stage on reluctance reasons. Technical domain is of (0.66) with level significant of (0.256). And of (0.05) for economic domain with level significant of (0.957). The safety and security domain, the level domain is of (1.13) with level significant of (0.506).

It is of (0.53) for the regulating and administrative domain with level significant of (0.595) and (0.69) for the social domain with level significant of (0.487). So, all those values are not therefore statistically marked due to the accounted value of the level significant was less than (0.05).

The researcher attributes that to the approaching intermediate of ages among female students. In this aspect, physical, intellectual and potential possibilities are approximate.

**Question three:** Are there any statistical significant differences in reluctance from practicing sports among female students at Princess Alia College according to accumulative average variable?

Table 10. Shows the analysis of one way ANOVA approach to study the differences among the intermediates of reluctance from practicing sports among female students at Princess Alia College according to accumulative average variable

Domain	Stage	No	Mean	Standard deviation	Value of F	Mark level
Technical	Excellent	30	3.78	0.91	1.27	0.284
	Very good	44	3.96	0.39		
	Good	72	3.99	0.69		
	Satisfied	54	4.07	0.63		
Economic	Excellent	30	3.93	1.07	0.62	0.600
	Very good	44	3.99	0.73		
	Good	72	4.09	0.74		
	Satisfied	54	4.15	0.79		
Safety and security	Excellent	30	3.80	0.97	1.11	0.332
	Very good	44	3.95	0.71		
	Good	72	4.10	0.70		
	Satisfied	54	4.04	0.81		
Regulating and administrative	Excellent	30	3.92	0.78	1.84	0.140
	Very good	44	4.01	0.56		
	Good	72	4.20	0.58		
	Satisfied	54	4.05	0.59		
Social	Excellent	30	3.92	1.00	0.10	0.956
	Very good	44	3.89	0.70		
	Good	72	3.95	0.77		
	Satisfied	54	3.88	0.74		
Total	Excellent	30	3.87	0.77	1.24	0.296
	Very good	44	3.96	0.35		
	Good	72	4.07	0.50		
	Satisfied	54	4.04	0.45		

Table 10 shows that value (F) accounted for college rank of the reasons of reluctance from practicing sport activities among female students at Princess Alia University College is of (1.24) with a level significant of (0.296). This value therefore is not statistical since the accounted level of the significant was less than (0.05). Hence this indicates the variable of accumulative average is not affected by reluctance reasons. Technical domain is at (1.27) with level significant of (0.284), and (0.62) for economic domain with level significant of (0.600). The safety and security domain, the level domain is of (1.11) with level significant of (0.332).

It is of (1.84) for the regulating and administrative domain with level significant of (0.140) and (0.10) for the social domain with level significant of (0.956). So, all those values are not therefore statistically marked due to the accounted value of the level mark was less than (0.05).

The researcher attributes that to the major fields available in Princess Alia College whether for Diploma or for Baccalaureate as they have implicate humanitarian specializations. This definitely shows both the acceptance and accumulative averages are very approximate.

**Question Four:** Are there any statistical significant differences in reluctance from practicing sports among female students at Princess Alia College according to living locations variable?

Table 11. Shows the results of test T to study the differences among the intermediates of reluctance from practicing sports among female students at Princess Alia College according to living locations variable

Domain	Living location	No	Mean	Standard deviation	Value of T	Mark level
Technical	Village	74	3.93	0.56	0.82	0.408
	City	126	4.01	0.71		
Economic	Village	74	4.01	0.75	0.67	0.503
	City	126	4.09	0.84		
Safety and security	Village	74	3.87	0.76	1.91	0.057
	City	126	4.09	0.78		
Regulating and administrative	Village	74	4.05	0.62	0.51	0.608
	City	126	4.09	0.62		
Social	Village	74	3.92	0.79	0.04	0.968
	City	126	3.91	.078		
Total	Village	74	3.95	0.49	1.11	0.265
	City	126	4.04	0.52		

Table 11 shows that value T accounted for college rank of the reasons of reluctance from practicing sport activities among female students at Princess Alia University College is of (1.11) with a level significant of (0.265). This value therefore is not statistical since the accounted level of the mark was less than (0.05). Hence this indicates the variable of living location is not affected by reluctance reasons. Technical domain is of (0.82) with level mark at (0.408). And of (0.67) for economic domain with level mark (0.503). The safety and security domain, the level domain is of (1.91) with level significant of (0.057).

It is of (0.51) for the regulating and administrative domain with level significant of (0.608) and (0.04) for the social domain with level significant of (0.968). So, all those values are not therefore statistically marked due to the accounted value of the level significant of was less than (0.05).

The researcher attributes that to the College, which located in the middle of the capital, Amman, whom its female students live in similar geographical and natural locations being nearby.

#### 4.1 Conclusion

In the light of this study, and throughout the data gathered from the sample as well as discussed the results, the researcher concluded to the administrative, the economic and the social reasons, are all behind the reluctance from practicing sports activities among female students at Princess Alia University College.

#### 4.2 Recommendations

Upon discussing the results above; the researcher recommends the following procedures:

- Increasing the private budget to Sport Department in the college in order to support the student substantially;
- Increasing the awareness in the significance of sport and practicing sport activities throughout holding lectures and training courses related to;
- Providing sport specialists as well as First-aid experts in the sport department;
- Spreading this study among trainers and supervisors in sport department at Princess Alia College.

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