

Conference Name: EduCon London – International Conference on Education, 22-23 April 2026
Conference Dates: 22-Apr- 2026 to 23-Apr- 2026
Conference Venue: The Tomlinson Centre, Queensbridge Road, London, UK
Appears in: PUPIL: International Journal of Teaching, Education and Learning (ISSN 2457-0648)
Publication year: 2026

Kalsoom Najam, 2026

Volume 2026, pp. 157-158

DOI- <https://doi.org/10.20319/ictel.2026.157158>

This paper can be cited as: Najam, K. (2026). *Impact of Leadership Qualities on Sports Participation among University Athletes of Lahore*. EduCon London – International Conference on Education, 22-23 April 2026. *Proceedings of Teaching & Education Research Association (TERA)*, 2026, 157-158

IMPACT OF LEADERSHIP QUALITIES ON SPORTS PARTICIPATION AMONG UNIVERSITY ATHLETES OF LAHORE

Kalsoom Najam

*Physical Education and Sport Sciences, University of the Punjab, Lahore, Punjab,
Pakistan*

meerub27@gmail.com

Abstract

The research intends to focus on the perception of players regarding the impact of leadership qualities on the sports participation among university athletes. The purpose of this research was to investigate that how the dimensions of leadership behavior can help in increasing the sports participation of university athletes. By applying the simple random sampling and using survey methodology, a total of 214 university athletes (male/female) was selected. These athletes belong to sports sciences departments of different universities of Lahore. For this study, adapted questionnaires of Leadership Scale for Sports Guidance Scale (LSS) developed by Chelladurai & Saleh (1990) and Sports Participation questionnaire 'Ungt folk a Islandi (2010) have been used to get the opinion of the participants. Results of the study demonstrated that there is a positive relationship of training and instruction, democratic behavior and positive feedback with

sports participation of university athletes. Whereas autocratic behavior and social support were found to be non-significantly associated with sports participation. Through the reliability analysis, it can observe that data is reliable as in case of the variables, Training and Instruction, Democratic Behavior, Autocratic Behavior, Social Support, and Positive Feedback, Cronbach alpha value is, .84,.72,.71,.68 and .79 respectively. On the basis of results, it can be said that designed hypotheses of this research have been proved. However, the regression analysis shows that the relationship of sports participation with the dependent variables is significantly positive, whereas the relationship between variables autocratic behavior and social support with sports participation is slightly positive. Overall this study can be concluded that leadership qualities promote all type of positive participation in sports persons and individuals.

Keywords:

Leadership Qualities, Training & Instruction, Democratic Behavior, Autocratic Behavior, Positive Feedback