

THE IMPACT OF LIBRARY USAGE ON PHYSICAL EDUCATION STUDENTS' IN THE PROMOTION OF ACADEMIC PERFORMANCE; A CASE STUDY OF PUBLIC AND PRIVATE SECTORS UNIVERSITIES IN PAKISTAN

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ABSTRACT

***Objectives of the study:** Many aspects of library use play an important role in determining student performance in university fields; therefore, it is important to study and evaluate the impact of library use on physical education students 'on improving educational performance; a case study of public and private universities sectors in Pakistan. **Methods and Materials:** As a consequence, their impressions may be computed using the quantitative survey analysis paradigm, The total population of the current study was physical education students of public sector universities (Gomal University, D.I Khan & Bahauddin Zakriya University, Multan) and private sector universities (Sarhad University, Peshawar & University of Lahore, Lahore). A total of 400 respondents (100 from each university) were selected from the population on convenient sampling techniques and then a questionnaire was distributed among them to obtain the data. **Conclusion and Recommendation:** Based on the research findings of this study, a good portion of the students at the Public and Private universities of Pakistan appears to be using the library to some extent and are aware of the benefits offered in their studies and academic efficiency. This study provides evidence of the importance of libraries in student achievement and performance. There are many indicators to measure the effectiveness of library use in student learning and academic achievement. This study suggests that there is a positive impact of the use of the library (borrowing, online resources, library visits) on academic achievement and student performance.*

Key Words: Library Usage, Physical Education students, promotion of academic, private and public sector universities.

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INTRODUCTION

Academics is a key element of a student's life. Every student must work to improve his or her performance to advance academically. Academic achievement is defined as a student's progress in school as evaluated by achievement test scores, grade-point averages, advancement from grade to grade, and the development of a positive attitude. Academic success demands more than intellectual ability, as every skilled teacher understands (Luthans, Luthans & Chaffin, 2019). Non-intellectual characteristics like motivation, health, and self-esteem are nearly guaranteed to play a role in a student's capacity to succeed academically (Burger, 2017). There are numerous things that students can take to enhance their grades. Going to the library is one of the things they can do. "A library is a room or building containing books that can be glanced at or borrowed," according to the Longman Dictionary 6th Edition. A library is an excellent resource for everyone, especially students. A library is more than just a location to read books; it is also a place where students can engage in a variety of activities relevant to their academics.

Physical educators generally believe that participating in various sports activities promotes total and balanced growth in participants and has long-term and important consequences on athletes' personalities. Experts agree that sports help to improve individuals' mental and intellectual capacities and sharpen thinking abilities (Tomporowski, McCullick & Pesce, 2015), which has a positive impact on students' academics and proves helpful in solving a variety of academic problems (Van Boekel et al., 2016).

In most cases, learners are unaware of the relevance of the library. As a result, the majority of students rarely know how to use the library to its full capacity, resulting in underutilization. Many students merely go to the library to hang out with their pals and talk about matters unrelated to their classes or the information they seek. Students must comprehend and make use of the benefits that a library may bring in a modern educational system where information and its sources are critical to students' development and academic progress (Greenhow, Robelia & Hughes, 2009). When they grasp the advantages, the way they approach their studies, and hence their academic experience, may be substantially influenced.

Pakistan's educational system is comparable to that of other countries. Libraries, like libraries in other nations, play an important role in providing accurate and useful information. At the same time, many students are having difficulty grasping the concept of a modern library due to the country's late development. One strategy to address this issue is to encourage students to use the library as part of their academic pursuits and explain its benefits (Prober & Khan, 2013).

The HEC National Digital Library (DL) is a program that provides researchers at public and private universities in Pakistan, as well as non-profit research and development organizations, with electronic (online) access to peer-reviewed journals, and websites. ,

Articles, and e-Books in a variety of fields. The e-books support system will provide experts with electronic access to a wide range of important documents and reference books in many educational institutions. Through the Digital Library Program, more than 75,000 pieces of electronic information have been made available .

The common view of library usage involvement in academic promotion is a little different; it is considered that sports degrade academic performance and serve as a tool for avoiding studies. This study was created to provide a rational solution to such views, keeping in mind the common perspective. This research looked at the significance of libraries on academic accomplishment, particularly at the university level, because this is a pivotal time for young adults, from which he may either steer their life in a favorable direction or, unfortunately, down a dark path.

OBJECTIVES OF THE STUDY

The following are the core objective of the study:

1. To assess the role of the library in the promotion of academic achievements of PE students at university levels.
2. To check the influence of the library on the achievements of perceived benefits of PE students.
3. To analyze the PE student's habits regarding how to utilize the library.
4. To examine the difference between public & private sector universities regarding the impact of library usage on PE students in the promotion of academic performance.

RESEARCH QUESTIONS

1. How does the library changed the way of physical education (PE) students approach their studies at the university level?
2. What do PE students use the library to achieve the perceived benefits?
3. To what degree does utilizing the library impact the study habits of PE students?
4. What is the difference between public & private sector universities regarding the impact of library usage on physical education students in the promotion of academic performance?

LITERATURE REVIEW

An educational library is a library linked to a tertiary institution that provides two related services: school curriculum support and research for university staff and students. There are several different views on the meaning of the library. Rudy Leon, dean of the Director of Research and Learning Services at the University of North Carolina, says the following in the description of the library: "I think the library is the heart of the institution," that is, to the best of its ability, the library. serves as a center for

student learning and research, scholarship research, and teaching.

Ryn Lewis, Masters of Library and Information Science, said that “more than any other facility or a school library program serves as a platform to extend students' education beyond the required curriculum (Reynolds & Chiu, 2013).” Chris Bourg, a Stanford Assistant University Librarian for Public Services, recently delivered an important keynote address entitled "Beyond Measure: Valuing Libraries" at the Acquisitions Institute 2013. "for students has become more than a required curriculum," according to Ryn Lewis, who has a master's degree in library and information science. At the Acquisitions Institute 2013, Chris Bourg, a Stanford Assistant University Librarian for Public Services, delivered a keynote address entitled "Beyond Measure: Valuing Libraries." There are recurring themes from librarians working in different positions and working in different types of libraries, "he added," often teaching, success, and intellectual freedom (Bonfield Hodges Cotton & Drumm, 2012).

Importance of Education Library

A library is a place where students can go to find out more about their studies. It contributes to the educational success of students. According to several scholars, libraries are important in a variety of ways. "Libraries are still places where people gather to explore, communicate, and think, and it is more than just books and computer banks" (Morris, Wooding & Grant, 2011). "People go to the library for a variety of reasons, but they also meet there" (Putnam, 2003). The library provides art programs for both children and adults, from the most basic arts to the most advanced arts (Picturing America for Public Libraries, 2011).

The purpose of the library is to model the amount of mosaic information collected over time and across cultures." Without a library, no public institution has a complete understanding of the public importance of the public domain's amassed knowledge resources (Alan, 2002).

Student Views in the Library

Although many studies and analyzes focus exclusively on the library, there are a few courses that incorporate students' perspectives on the library. CENGAGE announced the findings of the Student Engagement Insights study in July 2015: why students go to the library (blog.cengage.com). According to a survey of more than 3,000 college students, there are four main reasons why students visit the library. (1) one subject: 77% of students go to the library to work alone on their homework, (2) use online archives: More than half of students (51%) say they go to the library to use online archives. , and that the library is where they do most of their research. (3) use references: 39% of students have used reference materials that are not available in electronic formats, such as encyclopedias, periodic experts, references, or other references, and (4) meet their study group: More than a third of students (34%) use the library to study as a group because it is easier to have a central meeting place which is not their place of residence

and access to local textbooks and references (ibid).

Physical Activity and Academic Achievement

Because there is a growing interest in establishing a link between exercise and academic achievement, experiments have been performed to evaluate all the effects reported throughout the study (Sibley & Etnier, 2003; Taras, 2005). Sibley and Etnier conducted a meta-analysis to look at the effect of physical activity on various mental metrics of school-going children. Their data reveals the size of the significant effect³² across the board. A few factors, including the status of the publication (published compared to non-published), participant age (middle school ES), and psychological assessment, influenced the level of impact (size of the large effect of cognitive skills). A few factors, including the status of the publication (published compared to non-published), participant age (middle school ES), and psychological assessment, influenced the level of impact (size of the large effect of cognitive skills). In quality analysis. Taras reviewed 14 studies published since 1984 that looked at the link between exercise and/or physical education and student achievement.

Library & Physical Education

Today, technology plays an important role in many forms of classroom communication, changing the way communication is made in a way that has a greater impact on learning. It has been shown that a new type of technology that will ultimately succeed has a real impact on academics and physical education professionals, using the power of simple digital libraries. Digital libraries, for example, are proven to provide inspiring reading material, which directly benefits researchers and sports professionals. For teachers who have experienced the difficulties, costs, and performance of the previous generations of digital tools, this is an acceptable change (Akhter & Ahmed, 2021). Research in the field of physical education and sports through the use of digital libraries.

HA1: The respondents perceive a positive significant relationship between library usage and the academic achievements of PE students.

HA2: There is a positive role of the library on perceived benefits.

HA3: There is a positive utilizing the library impact on the study habits of PE students

Ho4: There is no significant difference between public & private sector universities regarding the Impact of library usage on PE Students in the promotion of Academic Performance.

RESEARCH METHODOLOGY

The quantitative & survey approach was used to collect data from participants by using a questionnaire. The survey methodology is the most effective approach to evaluating perceptions and attitudes in a big population (Saris & Gallhofer, 2014). The study's main goal was to find out the impact of library usage of pe students' on the promotion of academic performance; in a case study of public and private sector universities in Pakistan. As a consequence, their impressions may be computed using the quantitative

survey analysis paradigm, and the findings are presented in tables and figures. The current study was conducted in Khyber Pakhtunkhwa (KP) and Punjab provinces.

POPULATION & SAMPLE

The total population of the current study was physical education students of public sector universities (Gomal University, D.I Khan & Bahauddin Zakriya University, Multan) and private sector universities (Sarhad University, Peshawar & University of Lahore, Lahore). A total of 400 respondents (100 from each university) were selected from the population on convenient sampling techniques and then a questionnaire was distributed among them to obtain the data.

TOOLS FOR DATA ANALYSIS

The statistical approaches in this research process are critical for the generation of reliable results. The collected data was arranged and then analyzed by Statistical Package for the Social Sciences 26.0 (SPSS). Independent sample tests, ANOVA, and correlation methods were used to analyze the data.

RESULTS & DISCUSSION

HA1: The respondents perceive a positive significant relationship between library usage and the academic achievements of PE students.

Table 1: Pearson Correlation test showing a positive significant relationship between library usage and the academic achievements of PE students

		Library Usage	Academic Achievements of PE Students
Library Usage	Pearson Correlation	1	.867
	(2-tailed)		.002
	N	400	400
Academic Achievements of PE Students	Pearson Correlation	.867	1
	(2-tailed)	.002	
	N	400	400

*Significant at .01***

Pearson Correlation test shows a positive significant relationship between library usage and the academic achievements of PE students; results are given in Table 1. The analyzed data showed a correlation of .867 to .002 < 0.01 (2-tailed) levels confirming the assumption that a positive significant relationship between library usage and the academic achievements of PE students. It means that the library has a positive role in

perceived benefits.

HA3: There is a positive utilizing the library impact on the study habits of PE students

Table 2: The regression test shows a positive utilizing the library impact on the study habits of PE students

Model	R	R ²	Adj R ₂	Std.	Durbin-Watson
1	.867 ^a	.751	.749	2.29001	1.251

Table 3: ANOVA

Model	Sum ²	Df	Mean ²	F	P-Value
Regression	15410.341	2	8020.871	798.848	.000
1 Residual	2524.231	398	13.170		
Total	17836.765	400			

Table 4: Coefficient table

Model	USCB	Std. Error	SCB	t	P-Values
(Constant)	-25.461	1.787		14.248	.000
1 Positive Utilizing the Library	.268	.022	.434	12.392	.000
Study Habits of PE Students	.607	.039	.547	15.624	.000

The regression test and Pearson's correlation coefficient were employed to assess the utilizing the library impact on the study habits of PE students. The results showed that utilizing the library's impact on the study habits of PE students was significant. The table showed that the distribution of the data is normal and the predicting constructs had contributed to the dependent variable. The Durban Watson of regression residual also imitates the fact that the data distribution was normal. Furthermore, the hypothesis results also revealed a significant utilizing the library's impact on the study habits of PE students. Finally, the results of the hypothesis have shown that there is a significant influence of variable prediction (using the effect of the library) on outcome variability (PE student learning habits).

Ho3: There is no significant difference between public & private sector universities regarding the Impact of library usage on PE Students in the promotion of Academic Performance.

Table 5. Independent t-Test was applied

	M	SD	T	Df	Sig. (2-tailed)	Mean Difference
Public Sectors Universities	3.63	0.31				
			.557	398	.405	.11
Private Sectors Universities	3.52	0.30				

Standard value > 0.05

Table 4 showed there is no significant difference between public & private sector universities regarding the Impact of library usage on PE Students in the promotion of Academic Performance. It means that the t-test value is greater than the p-value of $0.05 < .405$ and it determines no significant difference there between public & private sector universities regarding the Impact of library usage on PE Students in the promotion of Academic Performance So researchers accepted the null hypothesis “There is no difference between public & private sector universities regarding the Impact of library usage on PE Students in the promotion of Academic Performance” and rejected the alternate hypothesis. It means that public & private sector universities regarding the Impact of library usage on PE Students in the promotion of Academic Performance have great benefit in the promotion.

DISCUSSION

The aim was to assess the impact of library usage on physical education students in promoting academic performance; in a case study of public and private universities in Pakistan, we also investigated the impact of library use on students' academic performance and their learning style. This research has concluded that borrowing books, spending time in the library, and accessing online resources are significantly related to academic achievement and student performance. Previous studies (Soria et al., 2013) have shown that student loan loans have a positive relationship with their grade point average. This study supports (Soria et al., 2013) that many library books, electronic resources, and audio and visual aids used by students, are where their CGPA rises. Our research suggests that the library significantly improves student performance in academics as most students respond positively to that. These findings are consistent with. This is very reasonable because when students feel good about their teachers, a study in a comfortable environment, have less debt burden, and have access to online resources, they report higher involvement, especially in learning activities. Students later recounted many of the benefits of a library that provides more information and a better place to study. Their learning style has changed slightly as the majority of students

consider the library to be the main source of information. Significantly, students shared the positive effects of the library on their subjects such as encouraging them to read, providing them with a good environment and a quiet environment, and helping to develop their knowledge of good reading materials. We dug deeper into the data to determine potential relationships; however, our results revealed little difference in significance between the varieties of students' perspectives on university sectors (Public and Private) wise and terms. There is no significant difference in the frequency of both students' visits to the library; however, private tend to stay in the library longer than men. Hoffman (2002) pointed out that inclusion and participation are key predictors in interpreting the diversity of academic achievement. Opp (1991) also identified the inclusions as major predictions in explaining the diversity of academic performance. Watson's (1994) study, however, shows that input factors were less effective in interpreting academic achievement compared to environmental factors such as student use of library resources, debt burden, accommodation, library status, and interaction with educators.

CONCLUSION AND RECOMMENDATIONS

Based on the research findings of this study, a good portion of the students at the Public and Private universities of Pakistan appears to be using the library to some extent and are aware of the benefits offered in their studies and academic efficiency. They also look like to prefer to read or hold group meetings in the library because of their convenient location. In general, they are also very satisfied with how the library works and the information available can greatly enhance their studies. Although the results of the study appear to be convincing, they were performed in a short time with a small sample size; therefore it cannot be taken to speculate that all students at the university sectors or all other universities may respond and share similar responses to the impact of the library on them. However, this research serves as a guide and helps to raise the profile of further future research on such a sub-topic that is often overlooked by researchers, especially in developing countries.

This study provides evidence of the importance of libraries in student achievement and performance. There are many indicators to measure the effectiveness of library use in student learning and academic achievement. This study suggests that there is a positive impact of the use of the library (borrowing, online resources, library visits) on academic achievement and student performance.

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