

Challenges and Benefits of participating in Sports for Women

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ABSTRACT: The status of women in modern India is a sort of irony the women have left the secured domain of their home and are now in the battlefield of life, fully armored with their enthusiasm, talent and quench for their status. They had proven themselves that they can walk shoulder to shoulder with men. But in India they are yet to get their dues. The sex ratio of India shows that the Indian generation is still discriminatory against women's to make their place in the work sector or in the field of sports. There are so many problems faced by Indian women in day today life as compared to the other women of European countries. These problems have become the part and parcel of life of Indian women and some of them have accepted them as their fortune. While in addition to these problems Kashmiri girls face another constraint i.e. religious constraint. But the time has changed and the Indian women are proving their worth and mark their name in the top list of world Scholars, Scientists, Doctors and Sports Champions.

Keywords: Physical, physiological, Psychological, Sociological, Economical, Women.

INTRODUCTION

Sport is universal in nature. Earlier day's only men used to participate in most of the games, sports and women were not allowed to participate. Earlier women faced many constraints such as physiological, psychological, family, social, cultural; religious and so on but later they also started active participation in all events. Women sports participants face many constraints or hurdles during the sports career. Such constraints prevent them from either involving in sports or prevent them from training. Much like other facets of society, the current state of women in sport is the result of a long and varied history. In the United States, Victorian ideals shaped not only appropriate behavior for men and women in domestic life but also in professional work and, ultimately, in sport participation. Medical experts during the nineteenth century believed that the female body was too fragile to handle social stressors, the rigor of intense study, working long hours, or engaging in intense exercise. It was

believed that engaging in these types of behaviors could lead to a range of health conditions, including the inability to bear healthy children, and a host of other negative ramifications. Physicians also believed that girls were at risk, particularly those at the age of puberty, of depleting their “vital force” or lifetime energy capacity. Girls who chose to participate in vigorous activity were thought to be at risk of becoming sterile. Participation in sports also enables women and girls to enjoy freedom to express themselves, free movement and increase self-esteem and self-confidence. For decades, sports in India have been dominated by males, be it cricket, hockey, football or athletics. But recent trends show that women’s participation has undergone a significant growth. Sports is all forms of usually competitive physical activity which through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants and in some cases spectators. Education awakens knowledge and develops analytical capacity to understand the different playing situations that people come across and to adjust according to their requirements [1].

Women's sports, both amateur and professional, have existed throughout the world for centuries in all varieties of sports. Female participation and popularity in sports increased dramatically in the 20th century, especially in the last quarter-century, reflecting changes in modern societies that emphasize gender parity. Although the level of participation and performance still varies greatly by country and by sport, women's sports are generally accepted throughout the world today. However, despite a rise in women's participation in sports, a large disparity in participation rates between women and men remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs still remain conservative and do not contribute to gender equity in sports. Women who play sports face many obstacles today, such as lower pay, less media coverage, and different injuries compared to their male counterparts. Many female athletes have engaged in peaceful protests, such as playing strikes, social media campaigns, and even federal lawsuits to address these inequalities [2].

Womens after Independence

In addition to the measures to uplift the status of women in India initiated by Britishers, many vigorous steps (legal, social, economic and political) have been taken by Government of India after independence by removing the hurdles put in their way by traditional past. The efforts of the social reformers and their movements launched in the preindependence period also bore fruits. The Indian National Movement also led to the liberation of Indian women. The leaders of the national movement realized that the liberation of the country from the bondage of imperialism was impossible without the active participation of women who constituted half of the population of the country [3]. Most of the social reformers and thinkers of the 19th and 20th centuries were influenced by the tenets of the liberal philosophy of the West, which emphasized the principle of contract rather than status, a rational outlook of life and problems, freedom of speech, criticism of authority, questioning of accepted dogmas and finally the recognition of the value of the individual and insistence on the rights of man as opposed to his duties. They also got push from Upanishads and other scriptures. The decades after independence have seen tremendous changes in the status and position of the women in Indian society. The Constitution of

India has laid down as a fundamental right the equality of sexes. As women were supposed to be gift by god and in some areas of India are still considered to be curse by some sections of society their birth was taken as a burden. Women In particular, women in sport leadership can shape personality towards women's capabilities as leaders, especially in traditional male domains. Women's involvement in sport can make a significant contribution to social life and tradition development. In all this procedure women do not have any say they have to do according to the wish of their husbands even if she does not want to abort she have any choice. With the help of these social reformers women of India slowly started recognizing her true potential [4].

CHALLENGES IN WOMEN SPORTS

Physical Constraints

Physical constraints refer to the morphological feature adaptations to particular sports. Basically, it refers to the qualities of the sports person such as the physical fitness parameters. If there is failure in any of these required parameters results in the reduction of sports performance [5,6].

- a) Heavy musculature of limbs
- b) Heavy abdomen musculature
- c) Heavy pelvic musculature
- d) Obsessive structure
- e) Improper posture/ postural deformity
- f) Flat foot

Physiological Constraints

Physiological constraints refer to the organ functions ultimately resulted in the system coordination [7,8].

- a) Lower level of RBC
- b) Lower percentage of Hemoglobin
- c) Smaller or weaker heart and it circulation
- d) Smaller or weaker lungs and it mechanism
- e) Dysfunction of organs of endocrine system
- f) Greater body fat percentage
- g) Dominance of neither of aerobic power or anaerobic power
- h) Menstrual disorders

Psychological Constraints

Psychological constraints comprise the behavioural process. It is in which the body and mind coordinates produces the desirous behavioural, failure alternately resulted in the reduction of sports performance [9,10].

- a) Higher level of anxiety
- b) Higher level of aggression
- c) Lack of self confidence
- d) Lack of achievement motivation
- e) Lower self-esteem
- f) Lack of interest
- g) Full of restless mind because of media and cell phone

Social Constraints

Social constraints refer to the behavior in the sports society. During training and competition the relationship with coaches, arena persons, training-mates, co-participants, opponents and officials during competition. If there is any undue relationship or misbehaving during in this period especially love affair results in reduction in sports performance or ultimately termination from sports participation [11].

- a) Present days are unsafe for women's free movement such as ragging, traffic lug & raping
- b) Because of robbery of chain snatch and other costly ornaments
- c) Lack unsafe mode of road transport due to more vehicle motor movement
- d) indulging in undue love affair
- e) Lack of good nurturing
- f) Lack of parental peace i.e., lack of support and encouragement from the family

Religious Constraints

Religious constraints avail in those societies who are fundamentalist and have hard religious beliefs they are very concern about their religious beliefs. They are afraid as society may blame and curse them for going beyond the boundaries of their religion. This might be the cause that most of the women are not able to show their talent [12].

Economic Constraints

Economic constraints are considered most important factor that hinder the women participation in sports. Considering the above said all the constraints either any failure or insufficient economic status or no sponsors resulted in the termination from the sports participation. Secondarily constraints represent the triangular or pyramidal factors. It is in which the non-availability of expert trainers, no sufficient infrastructure and non-availability of sports constraints and gadgets. In considering infrastructure facilities it refers to the nonavailability of area for training halls, indoor stadiums or constructed play environment to undergo training. Lack of non-availability of qualified coaches results not to produce better performance and they only become the cause of

sports injuries. The sportsman should wear the sports costumes and certain sports gadgets to prevent injury. Besides that women should be provided the kits in order to boost their moral [13].

BENEFITS OF SPORT PARTICIPATION FOR WOMEN

Girls and women are benefitting from sport participation in a variety of ways. Scholars have determined that high school girls who participate in interscholastic sport are likely to get better grades and are less likely to have unintended pregnancies. Women and girls who play sports regularly have higher levels of self-confidence and self-esteem and lower levels of depression. Collegiate athletes also fare well after their eligibility has expired. For example, it has been determined that former intercollegiate female athletes are more likely to be employed full-time after graduation. Former female athletes not only outperform female nonathletes but also their male peers. When it comes to overall health, former intercollegiate athletes are 14% more likely to thrive in terms of overall physical well-being [14].

CONCLUSIONS

Participation in sports helps women in many diverse aspects and keeps them fit and healthy besides it enhances their cognitive abilities, their endurance which will help them to keep working all day long. Because of the above discussed constraints as barriers the women face present day non communicable diseases such as stress, obesity, hypertension, diabetes; hormone dysfunction leads to inactivity, unable to accomplish the day-to-day activities prone to injury such as the osteoporosis condition. Hence, they are the producer, maker and servers to the society, these constraints should be eliminated for the betterment of women health. Campaign for all women sports participation should encouraged in school, colleges and in universities. Government should conduct the awareness programme for women sports participation and for their encouragement. And in those states where religion is becoming a constraint should come up with some alternatives so that their women can also participate in sports and live a better and healthy life.

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