

The Confrontation Faced by Women by Participating in Sports

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Abstract

Sport is inherently universal. Earlier days, most of the games were not played by the only men, sports and women. Earlier women were met with many limitations, including physiological, psychological, family, social, cultural; religious and so on. During the athletic career, women participants face various restrictions or barriers. Such restrictions prevent or prevent them from engaging in sports. The purpose of the article is for women sports participants in India to illustrate problems, obstacles and solutions.

Keywords: Constraints, Personal, Religious, Social, Sports, Women..

Introduction

A lifestyle with sports activities in daily routine is becoming more and more important in most developed societies. For instance, sport helps to create social networks to improve social connection and skills; strengthens social structures in communities; affects the economy; helps people to get a job or work; and develops cultural and national identities (Bloom et al., 2005). Sports activities include: mental health and well-being promotion of sports activities (Milne et al. 2014). Despite these advantages of sport and physical activity, however, most people are not regularly active, particularly women and girls.

The economic status of their families is a key factor in their involvement in sports, particularly for girls. Johnson et al. 2001, Shores et al. 2007, Walseth and Strandbu 2014 are the second listing of creed and community. Inadequate economic status or lack of sponsors may bring an end to sport participation (Ahmad 2015). The women's team of Iranian footballers was disqualified from the 2012 Olympics because their outfit (including their hijab) violated the FIFA Olympic rules. In 2014, the Qatari women's basketball team retired from the Asian South Korean Games in protest against the laws of FIBA to ban their use of Muslim headscarves.

Myths and superstitions have hindered the participation of women in professional sports. In recent decades, the role of women in society has greatly changed. This has been followed by a public change in attitude to the inclusion of women in sport. In comparison to a permissive culture, an Indian woman's social bar from outside sports almost tied gentler sex to the history of the property. Almost all cultures in the world play a passive domestic role only for girls and women, as previously mentioned. Participation in social and sports events was very restricted.

There are restrictions on women participating in sports, carrying the sports uniform and revealing their bodies in Indian society except in Kerala, Punjab, and West Bengal, particularly in rural areas. As an Olympic athlete, coaches are also unworthy of our society. Such a free mix can pose a marriage problem for women. With the fear of injury women sports player gets discouraged from engaging themselves in energetic physical activity. Baronde Coubert claimed that, centuries ago, reverence for freedom of the individual would demand that private actions not be interfered with.

However, participation in public (female) competitions must be totally forbidden. The chance of seeing a woman's corpse broken before her eyes would be appropriate for the audience. Women who engage in sport should have the confidence to face the issues related to the lives of women in sports. Women should not match men because it often takes long waiting or late arrival at their homes. Morality is in general a huge problem and women therefore think twice before they make a sport leap.

Our Indian culture requires our women to participate in families or homes and a woman who is interested in sports is faced with social stigma



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and stress to resolve limited lives. The improvement in women's cultural image has enabled the advancement of women's sport. When athletic participation is considered appropriate when many of the women athletes are considered to be unfeminine or stigmatized for participating in high competition. People's ideas of male, female is focused on social constructs and may be overly restricting, creating obstacles to participation. Sport should be viewed not in future as a male sport, but rather as a human activity, as an attitude of a culture continues to shift.

Literature review

Women face gender stereotypes and are perceived to be weaker and more humiliating. Male dominance seemed to be questioned to allow women to participate in sports (Messner 1988). Women should thus not see the Olympics of Ancient Greece in order to ensure male dominance in the arena. Ancient Greece is the new inequality hypothesis today. Women carry household responsibilities in most companies and have little to no financial responsibility (Deem 1986, Jackson and Henderson 1995).

Furthermore, women have religious and cultural limitations. India's society forbids women from playing sports and leading a public life. Confucius' teachings also show that women are treated as inferior to men and as incapable so that they do not have primary positions in society (Yu et al. 2004). They cannot be learned. Moradi et al.(2011) found that the sports representation of women in mass media (journals, TV, magazines and radio) was much smaller than that of men. The feminist research theory explains the role of sportsmen and women in the culture of men (Story and Markula 2017).

Therefore, in this survey, we discussed how Indian women were restricted to their male counterparts in pursuing physical sports. Most feminist scientists declare that masculinity maintains an ideological framework process. Accordingly, philosophies are deemed beneficial to everyone, including Markula (2009) and Birrell and Theberge (1994), and only some dominant groups benefit. The philosophy of Patriarchy is primarily intended to maintain inequalities of sport (Markula 2009, Birrell and McDonald 2000, Birrell 2000) women no longer being excluded, but some of them critical, with more subtle ways of sexualizing, banalizing and marginalizing feminist academics.

Shaw (1994) found that the main barriers that impede the involvement of women in sport in all areas, including work and other leisure activities, energy deficiencies and time deficiencies are gender disparity. All of the following variables have a greater impact on student engagement in sport. Studies show, however, that the income level has a greater role to play than the age, sex, education and race, particularly when there are other constraints on women's participation in sports (Johnson et al. 2001; Shores et al. 2007).

Kara and Demirci (2010) and Scott and Munson (1994), noted in their study that people with high income participate more frequently than those with less income. In particular, sport has its socio-

economic position and is handled by renowned individuals in society. The goals and strategies of sports organizations affect their economic status and role in society enormously (Alan 2007, Bairner 2007). Preparing any level of players (national or international) requires rich resources. Some athletes will receive training assistance if they are lucky enough, while others pay for it directly (Ellin 2008). The failure to participate in sport, particularly by women, is mainly due to financial problems. On the other hand, people may assume that religion and culture have little to no impact on sport. However, faith has had a significant influence on the history of athletic activities. Sport is organized and aimed at diminishing, especially women's sports (Peiser 2000).

Religion has an influence on various aspects of the culture of a society. Dagkas and Benn (2006) addressed a range of additional key restrictions for women to take part in sport: mixed sex sports, religious and cultural constraints, dress codes, limited resources, and general involvement of local people in women's sport.

The history of sports is traditionally masculine; that is why the majority of academics in our country have dismissed women in sport entirely. Thus, the field of women's sports socialization is largely underdeveloped, although some foreign researchers have carried out some studies in this area. Kenyon and McPherson suggest peers are critical players to generate the interest in the majority of sports, while teachers and coaches tend to have the greatest impact on the direction and the field over peers. In the interest in the traditional spectator sports, family influence was observed.

Aim of the Study

The aim of this research paper is to study the confrontations or difficulties faced by women by participating in sports. The various factors are being studied in order to find out the difficulties and some recommendations to solve the same.

Research Methodology

i. Demographic profile of women and colleges

Researchers have obtained the demographic profile of cities and schools, Grade, gender, age, marital status and some student sports detail. For the research process, Delhi, Gurgaon, Noida and Faridabad are taken into account. In addition, the ratio of public and private educational institutions from each city is also chosen. As this study focuses mainly on the emergence of barriers to the participation of women in sport, all of the study respondents were women (Table 1). The results for respondent age showed that 38.% of respondents were aged 16–18 years, while 46.5% and 15.5 percent, respectively, were 19–21 and 22 and older.

ii. Methodology

A quantitative approach was used to collect data from female students via the designed questionnaire. In the first round of the study, the total population is divided into four classes (strata) by layers of random samples. Two female colleges from each city, one private and one public, were chosen. We have selected 100 female students in each college. A total of eight colleges were selected (n=

800). The sample distribution of four city groups using the Strata approach and the corresponding proportion of public and private college groups also represents the population (Young etcoll. 2003).

The researcher divided the questionnaire into three important sections, that is: population and sport information about the student; the nature of the constraints and the reasons why they are not involved in sport. Sport participation variables were based on previous physical activity research (Wilson and Spink 2006). These include: Ethics of Education at College (PE); facilities; religion and culture; family traditions; gender, economic and political considerations; mass media. Both limitations have their own subdimensions.

The Likert scale (Witt and Goodale 1981 and Jackson 1983 and Henderson et al. 1998) ranged between one (none) and five (very high), which all were sub-dimensional to the various constraints. The questionnaire given to the college students did not include identifiable personal information. Participants were informed that they might be contacted again in the future. The survey was translated into the native languages of the students. Finally, a pilot review was also conducted and updated accordingly.

For data collection, the respective District Education Officer and College Head Teacher have approved each selected college. In active research projects, accessing the right people for data collection is a significant factor (Amis 2005). Researcher received several refusals due to their limited access to women's colleges, and moved on several times to the next college. The researcher went to classrooms after or before a lesson with the teacher's permission to give a questionnaire to the women and explain it about 15 minutes.

Demographic Profile

Variables		Frequency	Percent
College	Private	4	50
	Public	4	50
Gender	Male	0	0
	Female	800	100
Age	16-18	304	38
	19-21	372	46.5
	>22	124	15.5

Table 1: Demographic Profile

The questionnaire was completed in approximately 20-30 minutes in each classroom. We replaced students who were not interested or who had issues with the return of questionnaires. The findings were analyzed using IBM SPSS stats 20 (IBM Corp., released in 2011, IBM SPSS Statistics, for Windows, Versioin 20.0 Amonk, NY, USA). The data analysis offers an insight into the preference of subjects in the survey and then into patterns and references to the transcript. These models are analyzed using the theory of women (Patton 2002). We used structural equation modelling to ensure the high quality of our research to address issues that have little or no impact over women's constraints on women's participation in India (M-plus (version 7.11 Basic Software and combination add-on (64-bit) Muthen & Muthen Copyrights (C) 1998-2013).

Results

It was determined to analyse the means of and standard deviations that are most relevant for the study in order to identify the most successful sub-dimensions of the constraints prohibiting women from engaging in sport. This collection contains data explanations and real sample questions. The maximum intensity-bearing sub-dimensions are linked to the 'Mass Media' constraint, which is labelled as the coverage of mass media for female sport is too short 'and' Mass media represents sportswomen with something bad most of the time 'with 2.80 and 2.79 respectively.

At the same time, the minimum strength sub-dimension also includes 'mass media,' called 'mass media story about women's sport and physical activity, making women humiliated in Indian society.' 'All these sub-dimensions therefore more or less commonly impact women's participation in sports (Table 2).

A stand-alone sample t-test was performed to test the hypothesis that the statics of women in public and private colleges to face these problems are different. The results show the 12 largest lacunae in sub dimensional restrictions between private and public bodies (Table 3). Even if our data is ordinary, we did not measure Wilcoxon – Mann – Whitney because our samples are large enough and the median is not especially well distributed. Table 3 identifies limitations between public and private participants with the highest gaps ($p < 0.05$). The difference between these two bodies is the 0.78-mean limit for mass media.

In the other hand, the limit 'religion and culture' is the lowest mean gap. Students in public schools complained more about barriers than students in private college. The mean and relevance of both the ANOVA and the ANOVA post hoc test were used in comparison with the disadvantages faced by women in these cities. As is hypothesized, every city faces a great deal of the constraints. Though hypothetical results show less important differences between small towns, large towns and big towns in most of the restrictions (Table 4). The description of women with constraints is given as below.

Problem	Sub-Dimension	Mean	Standard deviation
"Ethos of college"	"Headmasters do not think physical education in much valuable for girls"	2.75	1.700
"Sports facility and equipment"	"Some sporting facilities are far from home, so there are security issues"	2.70	1.614
Religion and culture	Culture prevents from participating in gender-mixed sports or events.	2.71	1.750
Economic problem	Low income of household	2.67	1.657
Mass Media	The coverage of mass media for female sport is too short	2.80	1.632
	The reports of mass media about female sports and physical activities let females feel embarrassing in the society	2.65	1.636
	Mass media most of the times affiliate/represent sportswomen with something bad	2.79	1.633

Table 2: Most intensity bearing sub-dimensions

Problem	Sub-Dimension	Public colleges Mean	Public colleges (SD)	Private colleges mean	Private colleges (SD)	t-value
Ethos of college	Headmasters do not think physical education in much valuable for girls.	2.95	0	2.55	1.716	3.349
Sports facility and equipment	Some sporting facilities are far from home, so there are security issues.	2.93	0	2.47	1.636	4.047
Religion and culture	Culture prevents from participating in gender-mixed sports or events.	2.81	0	2.59	1.595	1.990
Economic problem	Parents do not support financially.	2.68	0.01	2.44	1.627	6.442
Family values about physical education	Parents focus on study and they ask not to waste time in sports activities	2.79	0	2.33	1.571	4.067
Mass Media	The coverage of mass media for female sport is too short	3.17	0	2.44	1.524	2.217
	The reports of mass media about female sports and physical activities let females feel embarrassing in the society	3.04	0	2.26	1.582	6.987
	Mass media most of the times affiliate/represent sportswomen with something bad	3.06	0	2.53	1.63	

Table 3: Constraints in public and private college (SD) = Standard Deviation

Multi Comparison of Constraint with Cities														
Problem	Cities								Sign.					
	Delhi		Noida		Gurgaon		Faridabad		D&N	D&G	D&F	N&G	N&F	G&F
Ethos of College P.E.	2.69	1.44	2.42	1.64	3.45	1.47	2.38	1.60	0.08	0.00	0.04	0.00	0.78	0.00
Sport Facilities & Equipments	3.20	1.54	3.04	1.39	2.52	1.60	2.56	1.70	0.26	0.00	0.00	0.00	0.00	0.81
Religion and Culture	2.84	1.60	1.68	1.33	2.88	1.72	2.47	1.54	0.00	0.83	0.02	0.00	0.00	0.01
Family Values about PE	3.14	1.58	2.94	1.62	2.28	1.51	2.62	1.56	0.21	0.00	0.00	0.00	0.04	0.03
Economic Problem	3.09	1.59	1.47	1.15	2.65	1.69	2.41	1.58	0.00	0.01	0.00	0.00	0.00	0.14
Gender	3.01	1.59	3.61	1.33	2.59	1.64	2.61	1.64	0.00	0.01	0.02	0.00	0.00	0.88
Political	2.91	1.68	2.64	1.65	2.46	1.61	2.56	1.65	0.11	0.01	0.04	0.27	0.61	1.00
Mass Media	2.52	1.65	2.63	1.63	2.58	1.71	2.37	1.63	0.48	0.72	0.38	0.74	0.11	0.20

D=Delhi; N=Noida; G=Gurgaon; F= Faridabad

Table 4: Multi-comparison of constraints with cities

(SD) = Standard Deviation

The researcher said that student with restrictions and who are no longer participating in athletic events due to these problems. Nearly 331 (41.4 percent) students are constantly participating in sports, taking many shortcomings into account. Nearly 58.6% of the population has never engaged in these activities.

Discussion of the findings

This study offers full comprehension of women's limitations and current status. The results of the survey were adequate to deal with the research question of the study, with the answers from 800 female institution students in four Indian cities. In line with the results from other researchers, 'mass media,' 'religious & cultural' and 'mass media coverage is too limited for women' were 'mass media most often sportspeople with something bad,' long dresses with full-sleeve sleeve are very warm and uneasy.

On the other hand, several studies have shown that the limits on participation in sport cannot be established by religion and culture. The only result of this study is that female students in public institutions are less able to participate in sport than students in private institutions. This could be because there are better facilities and more opportunities to participate in these practices in private institutions, due to their more disciplined environment. As we thought, in the students of public and private institutions, there is a gap in economic status, education and life philosophy. In addition, sports facilities differ between private and public colleges.

Curtis and McPherson, Curtis and Birch and Côté et al. have spoken about the major cities offering students more opportunities for organized sports, while smaller towns have less opportunities for

professionals. These results, however, do not conform to some other studies.

The literature on this subject is empty. We are one of the first scientists in this field with this comparison. In comparison to their counterparts in smaller cities, large towns have a greater likelihood of encouraging and offering opportunities for female students to pursue sports. Results on the effects of these limitations at the stage where students have totally ceased to work show that most of the students give up physical activity due to these barriers. On the other hand, the majority of female students wanted to play sports despite the barriers.

This is the interesting finding of this survey that, according to studies carried out by a number of researchers, smaller cities are less likely to participate in sporting activities and have insufficient facilities than large cities. Why girls are not involved in public institutions is an important topic in future research; the participation of girls is also comparable in order to make sure the gap between public and private institutions is international and that they use a vital feminist instrument. In addition, research into the recovery and understanding of parental and women students about the benefits of sport will help them to better understand the subject.

The biggest issue in India is that women's sports are less protected by politicians and the media. The second most important thing is to make and appreciate young girls. Sports courses and sports practice in educational centers, women's trainers should be employed for giving all the instructions, women's participation in sports should be concentrated in the media, gender inequalities should be minimized and sport promoted for the good of their own families and community. This study supports the idea that sportswomen and their representatives often have to

challenge politics and laws if women really want a fair playing field for sportspeople.

Limitations and strengths

The approach and the questionnaire created for this research has some drawbacks. In the questionnaire, some factors could not be used because we know already that access to women's colleges is not easy; there is certainly only a limited period when access is available. The reasons included: inadequate information about when to participate, insufficient time and professional partners, and lack of interest in sports. Only female students were approached to fill up the questionnaire.

Due to lack of resources (100 students per college), the sample size is limited. There are no clear constraints in the questionnaire in general categories such as interpersonal, intrapersonal and structural constraints. The author has not been given access to several colleges where questionnaires have been obtained and distributed to classroom students. The researcher obtained them on the date and period following the completion of the questionnaires. In view of these limitations, the methodology of the study makes particularly helpful conclusions about the factors that discourage women from engaging in sports in various cities in India. The severity of the problems between public and private institutions was a further strength of this strategy.

Conclusion

Sport involvement helps women in many different respects and keeps them healthy and fit, while enhancing their cognitive skills, stamina that will help them to continue working throughout the day. Due to the above limitations as barriers, women face non-communicable diseases such as stress, obesity, hypertension, diabetes; hormone dysfunction leads to activity that cannot carry out day to day activities susceptible to injury such as the condition of osteoporosis. Thus, the producers, manufacturers and servers in society should eliminate these constraints for the enhancement of women's health. The campaign for all women's sports participation in schools, colleges and universities should be encouraged. Government should conduct and encourage the Women's Sports Awareness Program. And in those nations where religion becomes a constraint, some alternatives should be found so that their women can also take part in sports and live a better and healthier life.

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