



Sports participation of women

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Abstract

In India girls give up sport & physical education activity at an earlier age than boys, and are less likely than men to sustain participation into adulthood, as other domestic responsibilities reduce their leisure time. Even for those who do want to continue to participate, there are problems of accessibility, availability of suitable facilities and problem of incurring expenditures of good training.

Key words: Sports, participation, women

Introduction

Government of India has several schemes for health promotion devised by ministry of public health & these schemes should be related to each other & should be seen as a contribution to public health rather than a leisure time sporting programme. All stake holders should give priority for women safety measures. Such as constructing women only swimming halls, separate dressing rooms, separate coaches etc. Women empowerment can become a priority through all these affirmative steps.

Steps to Increase Women Participation in Sports

1. **Introduce young girls to different sports and varied opportunities for physical activity.** Customarily not as involved in sports, young females do not necessarily respond to traditional games and coaching, and can be discouraged by programs that

just focus on boy's development. (Sharma J P - organization & management of physical education & sports 2005)

2. **Holding girls to the same standards as boys-** One way to break the societal difference in expectations between boys and girls is to expect both of them to do the same number of pushups. It's valuable to keep boys and girls together, up to a point, so that they learn to accept each other. When both genders are grouped together and held to the same high standards, each respects the other and respects their capabilities.
3. **Introduction new games-** placing too much emphasis on winning or game outcomes and instead have sports be about learning physical activity, and the game in safe environment. In practice, this could include teaching all youth how to find their hearts rates or use pedometers to



measure their own physical achievements. you could also have girls set their own standards and write a joint mission statement for their team goals and behaviors.

Athletic activity is an integral part of community

When young athletes involve athletic activity in their communities, it will help making them feel engaged beyond the field . One way achieve this is involving parents in your program. This allows girls to show her parents what she is capable of. Also , it increases the parents' understanding of their daughter's social environment, which is especially helpful for girls growing up in traditional, patriarchal families. Having older girls as coaches and mentors for their younger teammates is another way to make athletic activity part of girl's lives beyond the field.

Multiple barriers to women's participation in sport

Barriers preventing women from participating in physical activities are equally relevant for developed and developing countries and need to be considered

Barriers are usually divided into three categories:

1.A major socio-cultural and economic barrier is the manifest idea that sport is masculine and

elitist. It is a widely shared perception transmitted by men and women through traditions, beliefs and social practices. This entails that women are not meant to be competitive and their body should not be muscular . A further barriers is the false correlation between participation in sport with socially unacceptable behaviors.

2. Practical barriers include poverty and scarcity of economic means. For women this means a lack of time , a lack of appropriate , safe and accessible infrastructure , and no adequate clothing

3. Knowledge barriers include lack of awareness of the benefits of physical activity. They however also deal with the myths such as the still prominent and thoroughly false perception that sport is a potential impairment to female fertility. Consequently , it is not easy to encourage girls and women to participate in physical activities and programmes need to be well designed to reach this ambitious goal.

Barriers to women's participation in sport

1. Avoiding all barriers which prevent women from participating in physical activities need to be considered when trying to empower women .
2. Supportive legislations which allow sport for all



- and adequate infrastructures will support women participation.
- besides , permitting easy and safe access and privacy in changing rooms and facilities –are two examples of how governments can support the lowering of barriers to women’s participation in sport.
 - Sport associations, non-governmental organizations, local initiatives as well as the private sector can also play an important role in facilitating change .
 - Highlighting projects which set examples can motivate women for higher participation ,
 - supporting in-depth research on existing barriers and documenting women’s interest in sport, and claiming space for women in sport , are only some of the most obvious ideas to improve the situation (Bipin kumar dubey – participation in sports as an assessment of women empowerment 2010).
- Department of physical instruction can offer enhanced & superior training for Physical Education teachers
 - Government can formulate policies towards a more equitable distribution of finance between ‘boys’ and girls’ sport
 - Government , in partnerships with private NGOs can make provision of basic facilities – pitches, swimming pools, sports halls , tennis courts , gymnasium rooms etc at minimum cost .
 - Government of India has several schemes for health promotion devised by ministry of public health & these schemes should be related to each other & should be seen as a contribution to public health rather than a leisure time sporting programme.
 - All stake holders should give priority for women safety measures. Such as constructing women only swimming halls, separate dressing rooms, separate coaches etc.

Recommendations

- In India schools can be made to initiate measures to introduce children to a wider range of sports and fitness activities available
- All stake holders should be given an opportunity to invest in creative & imaginative local schemes for enhancing better participation of women



8. All stake holder should she their conservative outlook & should identify the health needs of women from childhood to adulthood.

The country on the whole is hampered by conservative culture that secludes its women and girls from society. The country's poor performance on women's empowerment and gender equality is also reflected in other indicators. For example, India is ranked 132 out of 148 countries on Gender Inequality Index (the 2013 Global Human Development Report.). Women from disadvantaged groups such as the Scheduled Castes, the Scheduled Tribes and minorities in particular face discrimination, exploitation and limited employment opportunities in every field. (Bipin kumar dubey – participation in sports as an assessment of women empowerment 2010).

In view of this, UNDP has been focusing on gender equality and women's empowerments to not only bring women, especially the ones in the rural areas, to the fore, but also to achieve the Millennium Development Goals and bring about transformational change. UNDP works to ensure that women have a real voice in every domain, be it social, economic, political or sports.(Report of the UNDP 20103)

Following steps can be more comprehensive

1. avoiding pay inequities
2. supporting through media & TV
3. Supporting women to play innovative games
4. providing gender equity in all sporting events
5. supporting through fund allocation
6. avoiding in equal funding to women sports
7. avoiding neglecting women sports
8. preventing male dominance in sharing sport apparatus
9. helping to develop female run sports federations
10. supporting through female coacher & team mangers
11. Helping with safety measures to women in all sporting venues
12. supporting with sports hostels & colleges
13. supporting women with sports scholarships
14. supporting through newer sports models
15. supporting physical education & sport participation at elementary school level

Conclusion

In India girls give up sport & physical education activity at an earlier age than boys, and are less likely than men to sustain participation into adulthood, as other domestic responsibilities



reduce their leisure time . Even for those who do want to continue to participate ,there are problems of accessibility , availability of suitable facilities and problem of incurring expenditures of good training. Government of India has several schemes for health promotion devised by ministry of public health & these schemes should be related to each other & should be seen as a contribution to public health rather than a leisure time sporting programme. All stake holders should give priority for women safety measures. Such as constructing women only swimming halls, separate dressing rooms, separate coaches etc. Women empowerment can become a priority through all these affirmative steps.

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