

## **Analytic Study of Poor Participation of Women in Games and Sports**

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**Abstract:** The purpose of the study was to locate the causes of poor participation of women in games and sports. 20 physical education sports personnel/teachers of Varanasi and 30 women players from different games and sports from the different faculty/colleges of Banaras Hindu University were selected for present study. Questionnaire no. 1 considers five factors namely were sociological point of views, psychological point of views, physiological point of views, economical point of views, and other point of view (such as political, cultural and religious) on which opinion of girl players and athletes were asked. In addition to general descriptive statistics- mean and percentage were used for analysis of data. Women participation in games and sports was mostly affected by sociological factors, economical factors. The psychological factors, physiological factors, other factors (such as political, cultural and religious) were not affecting the women to participate in games and sports. The Attitude of most of the physical education and sports Personnel/teachers were positive about women participate in games and sports. Most of the physical education and sports Personnel/teachers were agreed that they have lack of funds and lack of facilities. About lack of interest of students they were not agreed and about administrator's interest they were agreed that most of these administrators were not interested in games and sports.

**Keywords:** *Women in Sports, Economic Factors, Attitude.*

### **Introduction:**

The women participation in sports has been a cultural concern with a negative connotation. The socio-cultural milieu of each society somehow but invariably has webbed out certain constraint systems which desist women from participation in sports requiring physical prowess. In general, it is considered appropriate that women are born for feminine roles only and sport roles fall out of this social orbit.

### **Procedure:**

20 Physical education sports personnel/teachers of Varanasi and 30 women players from different games and sports from the different faculty/colleges of Banaras Hindu University were selected for present study. The minimum participation of women players was at the state level. The questionnaire constructed by M.P Thuse (1998) namely:-

- Study of poor participation of women in games and sports.
- Attitude of physical education and sports Personnel/teachers towards participation of

women in games and sports.

- Opinion of physical education and sports personnel for participation of women players were administrated for present study.

Questionnaire no. 1 considers five factors on which opinion of women players and athletes were asked. These factors were sociological point of views, psychological point of views, physiological point of views, economical point of views, and other point of view (such as political, cultural and religious). In this five opinions were given which were strongly agreed, agreed, neutral, disagree and strongly disagree. In each factors different number of opinions were asked. In addition to general descriptive statistics- mean and percentage were used for analysis of data.

**Result:**

The first objective of the present study was to find out attitude of sports women towards participation in games and sports. Five aspects:- (a) sociological point of views, (b) psychological point of views, (c) physiological point of views, (d) economical point of views,(e) other point of view (such as political, cultural and religious) were taken for present study. The second objective is to find out attitude of physical education and sports Personnel/teachers towards participation of women in games and sports and third objective is to know the opinion of physical education and sports personnel for participation of women players.

**Table-I Sociological Point Of Views of Sports Women towards Participation in Games and Sports**

S.No.	Questions	Percentage (%)				
		SA	A	N	D	SD
1	A society encourages women’s participating in games and sports.	6.67	53.33	20.00	16.67	3.33
2	The parents/family encourages women to participate in games and sports.	40.00	30.00	20.00	6.67	3.33
3	The parents do not allow participation with boys.	00	6.67	36.67	43.33	13.33
4	My parents feel proud of me if I get prizes or awards for my excellent performance in sports.	76.67	10.00	00	00	13.33
5	My family members think that I will become arrogant by participating in games and sports.	00	3.33	10.00	43.33	43.33

6	My parents think that participation in games and sports will create problem in settlement of marriage.	00	3.33	3.33	40.00	53.33
7	My parents think that male teachers or coaches take undue advantage of women participation during the training and competition.	00	3.33	16.67	43.33	36.67
8	Society gives incentives for women participation in games and sports.	6.67	26.67	46.67	20.00	00
9	Women participants belonging to rural areas are more deprived of the facilities than those of urban area.	56.67	36.67	00	00	6.67
10	Illiteracy of family members is a sort of hurdle so far a women's participation in games and sports.	43.33	40.00	6.67	6.67	3.33

SA- Strongly agreed, A- Agreed, N - Neutral, D- Disagree, SD- Strongly disagree

**Table-II Psychological Point of Views of Sport Women towards Participation in Games and Sport**

S.NO.	Questions	Percentage (%)				
		SA	A	N	D	SD
1	Women become more aggressive by participating in games and sports.	3.33	26.67	33.33	33.33	3.33
2	Women loose emotional control by sports participation.	00	10.00	23.33	33.33	33.33
3	Women participating in games and sports cannot adjust in their family.	3.33	10.00	13.33	30.00	43.33
4	By participating in games and sports women become narrow minded.	3.33	00	00	40.00	56.67
5	By participating in games and sports women become joyful and happy.	43.33	36.67	13.33	00	6.67
6	Increase self confidence in women.	70.00	16.67	00	3.33	10.00

7	Participation in games and sports add to women sense of humor and discipline.	66.67	23.33	00	00	10.00
8	Games and sports participation is meant for physically gifted women only.	60.00	26.67	3.33	3.33	6.67
9	Women participants think that participation in games and sports adversely affect their studies.	00	26.67	30.00	30.00	13.33
10	Women do not participate in games and sports because of special uniform required for games and sports.	00	16.67	30.00	40.00	13.33
11	Male teachers and coaches do not take care of women participants.	00	10.00	6.67	73.33	10.00

SA- Strongly agreed, A- Agreed, N - Neutral, D- Disagree, SD- Strongly disagree

**Table-III Physiological Point of Views of Sport Women towards Participation in Games and Sports**

S.NO.	Questions	Percentage (%)				
		SA	A	N	D	SD
1	Participating in games and sports affects physical growth, fitness of women.	33.33	46.67	13.33	6.67	00
2	Participation in games and sports causes loss of beauty and fairness of women.	20.00	26.67	33.33	16.67	3.33
3	Participation causes loss of femininity in women.	3.33	10.00	33.33	33.33	20.00
4	Participation causes deformity in breasts.	00	13.33	30.00	30.00	26.67
5	Participation leads to the extension of menstrual period.	6.67	23.33	40.00	16.67	13.33
6	Women player do not remain a normal female.	6.67	23.33	10.00	30.00	30.00

7	The menstrual cycle of the women participants become irregular and painful.	10.00	10.00	16.67	36.67	26.67
8	Participation in games and sports causes the hips to become heavy and fatty.	3.33	13.33	26.67	26.67	3.00
9	Emergency of performance in games and sports is reduced after marriage/pregnancy.	00	10.00	56.67	20.00	13.33
10	Participation in games and sports increase/decrease desire of sex.	00	00	80.00	13.33	6.67
11	Participating women need appreciation after participation.	6.67	40.00	26.67	23.33	3.33

SA- Strongly agreed, A- Agreed, N - Neutral, D- Disagree, SD- Strongly disagree

**Table-IV Economical Point of Views of Sport Women towards Participation in Games and Sports**

S.NO.	Questions	Percentage (%)				
		SA	A	N	D	SD
1	The economic condition/status of women does not allow participation in games and sports.	20.00	36.67	26.67	16.67	00
2	The parents provide all facilities needed to participate in games and sports, such as equipment, uniform, diet, travel, fees.	30.00	36.67	10.00	20.00	3.33
3	Organizations, institutions, clubs, association, state level committees, charitable trusts provide women players with the financial aids to inspire them for participation.	13.33	46.67	16.67	20.00	3.33

SA- Strongly agreed, A- Agreed, N - Neutral, D- Disagree, SD- Strongly disagree

**Table-V Other Point of Views of Sport Women towards Participation in Games and Sport**

S.NO.	Questions	Percentage (%)				
		SA	A	N	D	SD
1	Because of politics in games and sports women players do not get chance to participate.	13.33	36.67	26.67	16.67	6.67
2	Average physique of Indian women compared with western detracts them from participation in games and sports.	3.33	16.67	33.33	36.67	10.00
3	Indian climate and geographical features are not conducive for women excelling in sports.	6.67	30.00	33.33	26.67	3.33
4	Religion affects the women participation in games and sports.	16.67	20.00	13.33	26.67	23.33

SA- Strongly agreed, A- Agreed, N - Neutral, D- Disagree, SD- Strongly disagree

**Table-VI Attitude of Physical Education Personnel/Teachers towards Participation of Women in Games and Sports**

S.NO.	QUESTIONS	YES (%)	NO (%)
1	Physical education and sports is essential in modern society for women.	90	10
2	Physical education and sports develop health of women.	95	05
3	Physical education and sports programme should be compulsory for women in school and colleges.	95	05
4	All teachers should supervise Physical education and sports programme.	30	70
5	Separate lady teacher shall be appointed for Physical education sports.	75	25
6	Women participant must rewarded for winning in competition.	95	05

7	Special awards shall be declared by school authority for winning gold medals for excellence in sports.	100	00
8	Scholarship and special facilities shall be awarded to women participants.	95	05
9	Special facilities shall provide for women players for Physical education and sports.	90	10
10	Administrator's Physical education teachers and parents shall encourage the women participants.	100	00
11	Intramural shall be arranging for women students.	95	05
12	Mass participation programme shall be arranged by sports expert's physical educators.	100	000

**Table-VII Opinion of Physical Education Teachers for Poor Participation of Women Players**

S.NO	QUESTIONS	YES (%)	NO (%)
<b>I Lack of fund</b>			
1	Do you get financial aid from your college for games and sports?	75	25
2	If yes is that financial aid sufficient?	15	85
3	Do you get financial aid from any other source?	15	85
4	Is that financial aid sufficient to run physical education pogramme?	10	90
5	Do you send all the terms of all the games for competition?	35	65
	<b>MEAN (%)</b>	<b>30</b>	<b>70</b>
<b>II Lack of facilities</b>			
1	Does your college have sufficient equipment?	35	65
2	Does your college provide equipment for competition?	55	45
3	Do you ask the student to bring their own equipment?	45	55
4	Do this equipment use by all the students?	40	60
	<b>MEAN (%)</b>	<b>43.75</b>	<b>56.25</b>

<b>III Lack of interest of students</b>			
<b>1</b>	Do students come to participate in sports by their own?	<b>80</b>	<b>20</b>
<b>2</b>	Do you use some incentives to motivate them for participation?	<b>60</b>	<b>40</b>
<b>3</b>	Do the parents of the students them for participation?	<b>35</b>	<b>65</b>
<b>4</b>	Do the other teachers motivate the students for participation?	<b>35</b>	<b>65</b>
<b>5</b>	Do you get readymade players or you prepare them?	<b>50</b>	<b>50</b>
	<b>MEAN (%)</b>	<b>52</b>	<b>48</b>
<b>IV Lack of administrator's interest</b>			
<b>1</b>	Do you principal motivate you for your work?	<b>70</b>	<b>30</b>
<b>2</b>	Do your college provide any period for physical education and sports?	<b>30</b>	<b>70</b>
<b>3</b>	Do the best players are awarded and motivated?	<b>65</b>	<b>35</b>
<b>4</b>	Does the physical education budget get easily approved?	<b>25</b>	<b>75</b>
<b>5</b>	Do you get permission to the coaches and teams from other colleges?	<b>30</b>	<b>70</b>
<b>6</b>	Do your administrator stress on physical education as a compulsory period?	<b>15</b>	<b>85</b>
<b>7</b>	Do your administrators make provisions of funds for physical education and sports?	<b>40</b>	<b>60</b>
	<b>MEAN (%)</b>	<b>39.29</b>	<b>60.71</b>

**Discussion of Findings:**

Result shows that the sociological factors are affecting the women to participate in games and sports. It also shows that society is much in the favors of participation of women in games and sports. Society, parents, family members encourages the women participation. Parents feel proud if the girl participant got prizes and awards and they think positively about games and sports. Maximum girl participants think that illiteracy of family members is a sort of hurdle so far as women's participation in games and sports are concerned. Matheny (1995) also suggested that social sanctions powerfully shape female participation in sports. She observed that female participation in certain forms of competition (sports that features body contact. Face to face opposition, moving a heavy object, or propelling one elf over long distances) appear to categorically unacceptable in our society.

Result also shows that psychological factors are not much affecting the women to participate in games and sport. Study show that games and sports increase the self-confidence, sense of humor, sense of alertness and discipline in women.

Results shows that physiological factors are not much affecting the women to participate in games and sports. It shows that participation in games and sports affects the physical growth, fitness of women positively and negatively. It also shows that loss of felinity, deformity of breasts does not occur due to participation in games and sports. Maximum women participants were not agreed that (i) menstruation cycle of the women participants becomes irregular and painful; (ii) Participation in games and sports causes the hips to become heavy and fatty. (iii) Women player do not remain a normal female. In brief we can say that physiological factors are not much affecting the women participation in games and sports.

Results shows that economic factors are affecting the women to participate in games and sports. It shows that the economic condition/status of women does not allow participation in games and sports. The parents of maximum participants provide all facilities needed to participate in games and sports, such as equipment, uniform, diet, travel, fees. Views of maximum participants show that Organizations, institutions, clubs, association, state level committees, charitable trusts provide women players with the financial aids to inspire them for participation.

Results shows that other factors such as political, cultural and religious) are not more affecting the women to participate in games and sports. Women participants think that because of politics in games and sports women players do not get chance to participate. But physique, climate and geographical conditions and Religion do not affect the women participation in games and sports. Hart (1972) remarked that being a female normally and always leads to experience of rejection for sports participation because culture has its social norm and sex roles within which she must live. Failures to do so can lead to a stigma of not being feminine.

In questionnaire no.2 attitude of 20 physical education and sports Personnel/teachers towards participation of women in games and sports were taken in the study shows that physical education and sports programme is essential in modern society for women. It develops the health of women and should be compulsory for women in school and colleges. All teachers should not supervise Physical education and sports programme. Separate lady teacher shall be appointed for Physical education sports. Special awards, Scholarship and special facilities shall be provided or awarded to women participants. Intramural, Mass participation programme shall be arranged by sports expert's physical educators.

In relation to opinion regarding Lack of fund, Lack of facilities, Lack of interest of students and Lack of administrator's interest, the mean percentage of four different aspects shows that maximum physical education and sports Personnel/teachers were agreed that they

have Lack of fund and facilities. About Lack of interest of students they were not agreed. That about administrator's interest they were agreed that most of the administrators were not interested in games and sports related to activities in their college or institution.

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