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**ATTITUDE OF FEMALE STUDENTS PARTICIPATION
IN SPORTS IN INDIA**



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Short Profile

Ganesh Kadam is working as an Assistant Professor Physical Education at College of Agriculture, Naigaon (BZ), Nanded.



ABSTRACT:

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.

KEYWORDS

activity preferences, Attitudes Toward Physical Education Activity, Perception, value of program, Physical Education.

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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.

There is an international consensus that participation in physical activities can offer a great deal to individuals, communities and nations. Evidence suggests that from an early age, differences in gender-based attitudes towards and opportunities for sports and physical activities can have a significant influence on children's participation. This may, in turn, affect later involvement in physically active lifestyles, and the social and health benefits that may result for them.

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.

The hypothesis that parents encourage their sons more than their daughters to participate in sports was not verified. The study revealed that it was the sportswomen who were given more encouragement.

The hypothesis that teachers and coaches encourage their male students more than their female students was also not substantiated; quite to the contrary, the female students were given more encouragement. In our study the parents of sportswomen were better educated than those of the sportsmen; a large percentage of the parents of sportsmen were illiterate.

Sport is one area where gender inequality is strongly evident. The problem is more socio-psychological than anything else. Today, as we stand at the start of a new millennium it is deplorable that men and women are treated so differently, especially in sport. Women make up 50% of the world's population but they are not given equal opportunities. Men are still considered the better sex and this is one of the reasons why the world is yet to produce a female Michael Schumacher, Tiger Woods, Mike Tyson or a Sachin Tendulkar.

Sport in India is yet to reach its peak. The Mughals ruled India for centuries, the Britishers for another one and a half-century. It was only after 1947, when we achieved independence that we started developing as a modern nation, with special rights to half of its citizens namely women. Indian women are still trying to establish their own identity. Women in India are still unable to take a stand for themselves.

Times have changed and are improving but there is still a lot to be achieved. Men have an upper hand in all spheres of life. Gender inequality is a deep-rooted issue and in order to change the situation, drastic steps/measures need to be taken. The worst thing to happen is the female feticide. Latest technology is being blatantly misused for killing the girl child. Far from giving her good education and a happy life we Indians are trying to eliminate women from this earth. Dogmatic principles govern much of our thinking.

PHYSICAL HEALTH

The physical health benefits of regular physical activity are well-established. Regular participation in such activities is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits. There is also a large body of literature showing that inactivity is one of the most significant causes of death, disability and reduced quality of life in the developed world. Physical activity may influence the physical health of girls in two ways. First, it can affect the causes of disease during childhood and youth. Evidence suggests a positive relationship between physical activity and a host of factors affecting girls' physical health, including diabetes, blood pressure and the ability to use fat for energy. Second, physical activity could reduce the risk of chronic diseases in later life. A number of 'adult' conditions, such as cancer, diabetes and coronary heart disease, have their origins in childhood, and can be aided, in part, by regular physical activity in the early years. Also, regular activity beginning in childhood helps to improve bone health, thus preventing osteoporosis, which predominantly affects females. Obesity deserves special mention. There seems to be a general trend towards increased childhood obesity in a large number of countries, and this increase seems to be particularly prevalent in girls from highly urbanized areas, some ethnic minorities and the disabled. Obesity in childhood is known to have significant impact on both physical and mental health, including hyperlipidemia, hypertension and abnormal glucose tolerance. Physical activity can be an important feature of a weight control programme for girls, increasing calorific expenditure and promoting fat reduction. Indeed, recent systematic reviews on both the prevention and treatment of childhood obesity recommend strategies for increasing physical activity.

MENTAL HEALTH

In recent years, there has been evidence of disturbingly high rates of mental ill-health among adolescents and even younger children, ranging from low-self-esteem, anxiety and depression to eating disorders, substance abuse and suicide. Adolescent girls are particularly vulnerable to anxiety and depressive disorders: by 15 years, girls are twice as likely as boys to have experienced a major depressive episode; girls are also significantly more likely than boys to have seriously considered suicide.

WOMEN AND SPORTS

The recent report of the National Commission for Youth (2004) has traced in detail the participation of women in Sports before and after 1947. The first Indian women to participate in the Olympics was in 1952. In 1975, the Government of India instituted the National Sports festival for women with a view to promote women's sports. The National festival is preceded by competitions at the local and the district level. However the report has observed that these competitions have been reduced to mere issuing of certificates and the subsequent selection at the national level is done on ad-hoc basis. The National Commission report has also pointed towards the issue of dropout rate of girls from the schools. The report observed, Sports is by and large an elite activity in the country and the adoption of a sports policy, as the government has done in 1984, is hardly likely to change the situation very much.

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INDIA AND THE WORLD

The situation in the western countries is better but still women are facing very similar problems to ours. America is a very developed nation in the world. But even in the United States, women are victims of gender inequality. They still do not have equal representation as compared to men. Men hold majority of the positions of managers, coaches and sport administrators. Things did change after the 1970s when Title IX was introduced but there is a lot of scope for improvement. There has been research in this area but it is far from conclusive. Lately, however, Indian female sports persons have fared better than the men. Be it Anju Bobby George, PT Usha, Sanya Mirza, Anjali Bhagwat. This does not overlook the achievements of Sachin Tendulkar, Prakash Padukone, Pullela Gopichand, and Leander Paes. All that is implied is that women are making a mark for themselves in the world of sport and are gaining respect. This study has been carried out with the hope that it will help to map the past and the present condition of women in sport in India. Such a mapping would enable to provide guidelines to improve women's sport in India. The study will cover all aspects associated with women's sport ranging from health, nutrition, financial and social support, gender biases and will later present a complete and wholesome picture on women's sport in India. The study attempts to trace facts pertaining to differential treatment of women from different social and financial backgrounds.

The value of sport participation for females is undeniable. In 1997, the President's Council on Physical Fitness and Sports issued a landmark report, Physical activity and sport in the lives of girls, that confirmed what many coaches, athletes, and parents had long suspected, namely, that sports have innumerable benefits for the girls and women who play them. Page after page of that report describes evidence of the physical (e.g., lower risks of obesity, heart disease, osteoporosis, and other chronic diseases), psychological (e.g., higher self-esteem, better body image, enhanced sense of competence and control, reduced stress and depression), and academic (e.g., better grades, higher standardized test scores, lower risk of dropping out) benefits of sport and physical activity. In the past few years, the bestselling book *Reviving Ophelia* (Pipher, 1994), and the more recent *Raising our athletic daughters* (Zimmerman and Reavill, 1998) have publicly trumpeted the benefits of sport and physical activity for improving girls' well-being and have urged parents to do whatever it takes to get their daughters involved.

Women in middle-and lower-income families most often feel the constraints of homemaking and child rearing. Without money to pay for childcare, domestic help, and sport participation expenses, these women simply don't have many opportunities to play sports. Nor do they have time to spare, or a car to get them to where sports are played, or access to gyms and playing fields in their neighborhoods, or the sense of physical safety they need to leave home and travel to where they can play sports. Furthermore, sports are often social activities occurring among friends. If a woman's friends do not have resources enabling them to participate, she will have even fewer opportunities and less motivation for involvement (Gems, 1993). Of course, this is also true for men, but women from middle-and lower-income families are more likely than their male counterparts to lack the network of relationships out of which sport interests and activities emerge.

Women from upper-income families often face a different situation. They have resources to pay for childcare, domestic help, carryout dinners, and sport participation. They often participate in sport activities by themselves, with friends, or with other family members. They have social networks made up of other women who also have the resources to maintain high levels of sport participation. Women

who have grown up in these families often have played sports during and since their childhood and attended schools with good sport programs. They seldom have experienced the same constraints as their lower-income counterparts.

Women have been complaining about the lack of coverage for sport by media since a very long time. This has had a very bad effect on the development of sport. The sad part even in Tennis media pays more attention to the costumes of the women players and their looks than their game. Which is today considered to be more interesting? Today's women players are also considered to be more charismatic than today's male Tennis players, who play more like machines. In India the condition is worse. In fact Indian women are winning more medals for the country than men still they hog more lime light than the women players. See this incident, Indian women's Hockey team won a final against the Japanese team fighting against many odds, the same day India's Male Cricket team lost a match to the Australians in Australia (as usual), and this losing team got more coverage than the winning ladies Hockey team

OPPORTUNITIES FOR WOMEN ARE LIMITED

Recent research shows that many sport organizations, including those in high schools and colleges, are not very good at supporting and retaining women coaches and administrators (Pastore, 1994). Professional development programs, workshops, and coaching clinics have not been widely sponsored for women employees, although some women's organizations, such as the Women's Sport. The problems faced by the girl players

1. Family
2. Social
3. Psychological
4. Physiological
5. Sport equipment and facilities
6. Financial problems
7. Problems arising because of the government
8. Physical education and coaching related problems
9. Problems developed due to selection committees

CONCLUSION :

Initiatives to counter inequalities in sports, such as 'Sports for All', become meaningless if they do not take into account the rights of all human beings. Consequently, all the above themes directly feed into the central premise that every individual should have the right to enjoy their bodies through physical activities. Philosophical and ethical questions will help us reflect upon the role of physical activity in the lives of, not only women, but of all individuals, regardless of body type.

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