

## WOMEN SPORTS PARTICIPATION IN INDIA

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### ABSTRACT

Sport is valuable for everyone and at every level. It flourishes and spines through more clear data on one's body. It is thus a useful technique to harness strength and a way to organize into the best strategy to be successful. Women's sports consolidate teen and female ruler sports in all kinds of sports. Women's participation and prevalence in sports has grown rapidly over the 20th century, especially in the last 25 years, reflecting a change in the current social order that emphasizes gender respect. Young women and women rarely participated in indoor and outdoor sports in the past because they were busy with their family work, taking care of the family and different activities. Women were the mainstay of the agrarian economy with little attention to regular family chores. Women left for a short period of time for recreation and sports, with women involved in the provincial work of development, such as planting, weeding, gathering, threshing, rearing animals, etc. In the olden days, women rarely participated in sports, but the activities or family endeavors they did were accompanied by active initiatives. Accordingly, they were not granted any real access or even any startling admission to play with the exception of their work and activities which involved unprecedented real movement and this phenomenon continues to this day.

Although the level of participation performance is actually greatly influenced by country and sport, women's sports are widely watched throughout the world today. In some cases, for example figure skating, female contenders rival or beat their male partners to greatness. In many sports the surrounding women do not fight against men on undefined conditions.

### KEYWORDS:

*Sports, Participation, Women*

### INTRODUCTION

No matter what strides are made for women's participation in sports, there remains a truly tremendous disparity. These separations are irrefutable around the world and continue to trouble normality in sport. The various establishment programs are in fact moderate and do not add gender respect to the Games. (Bailey, 2014)

Anyway, the remarkable issues with sports women join the socio-psychological issues; On the other hand, the absence of family support with energetic partners; Disability and cash reasons; security issues with the never-ending obscene way of dealing with acting; close reasons such as reasons related to marriage, full partners, teenagers and guards in governance; Social boundaries, etc.

The inaccessibility of coordinated sports coaches or teachers was another barrier affecting young women's participation in sports and certified status. The absence of conversation and impromptu rooms and wild movement places in distant areas was another gatekeeper for the absence of young women's participation in sports. Schools in remote areas operated out of rented premises and there was hardly any space open for wildlife recreation centers. Wild circulation network if not specifically kept and never collected or kept aware of or used only on game day and different days directed without game and game. (Crossman, 2014)

Women's participation in sports inspires their empowerment as well as grants them to enhance personal fitness, accumulation and character building and development. This will have a positive impact on the family as well as the entire society. Sports activities additionally help women reconnect with the power of their own bodies. Various benefits harden, mental elevation, opportunities, reliable quietness, extended center, praise, discipline, reservation in places and educational institutions etc.

When the actual models in the game are mentioned, the key thing that drives home is the noticeable virtuosity. While positive role models can be seen as teens and in major sports, it is the families they see every day that make the best difference. Janitors, tutors, teachers or basically more arranged families a great deal of the time inevitably influences the younger youngsters and how they view themselves and their chosen sport.



Fig 1: Women Participation in India (source:researchgate.in)

Like the fundamental curriculum, the government should also make sports compulsory at the grassroots and participant levels. It is not a serious game but instead needs significant solid areas. Schools are created to prepare women about the clinical benefits of sports. The government should start a women's movement in sports. Under this, women should be used to tight pack movement or even solitary sports from a lively age. An ever-growing number of women should be created as mentors and judges as this would make women happy and okay with women mentors. Also, workplace infrastructure like sports clubs and centers for young women, hotels with clean workplace should be made. Sports help should spread a remarkable cell which shines a brilliant light on the development of women's sports in India. This cell should work with different extras for the advancement of women's sports in India. (Duncan, 2016)

The game is general in nature. It does not separate from classification, status or gender. Participation in sports helps in overall development along with achieving achievement. Women in sports have so far been almost disregarded by most nations, which is because female sports participation is particularly low in recent times. We see the arrangement of encounters, men used to participate in a tremendous piece of games and sports, women

were not allowed to participate in games and sports. They have to face various obstacles like physical, mental, social and serious. Later he also introduced Shakti Kshetras to participate in all sporting events.

Sports are a fundamental part of the lifestyle in basically every country. Games for the most part use to incite gender respect and attract young ladies and femmes. Women in sports has been a topic that has been heavily neglected in most of the countries on sports participation of women as it is particularly low in the interminable past. Also it has really been lacking in the area of evaluation. Sex work, brevity, male evaluation trends and the world's honor system have added to this dismissal.

## REVIEW OF LITERATURE

At the moment, sports for women are increasingly variable in every non-current country. In any case, the neglect of the involvement of extraordinary missions remains low in unambitious countries. Certain social and environmental factors influence participation. Gender, age, level of mentorship, financial status are some of the factors that influence participation in sports. At present women are seen as a burden in certain areas of India. Women are left with no option to speak, they enjoy doing so according to the wishes of their family and friends. Women's participation in sports can zero in on the development of the overall people. The women of India can really do phenomenal in every field. In today's situation, women are observing the norms set for them by the overall people. (Billings, 2020)

The Indian Constitution as we generally understand has surrendered unexplained gateways to all women. There is nothing Indian women cannot do and everything they can dream of. Yet the really mentioned entanglements are not allowing us to express excellent quality sports women. As some of the Indian women before us actually researched on models and confirmed models for present and coming eras. (Parsad, 2019)

Participation in sports gives women a lot of perspective and saves them from concrete areas suitable for more. It works on their mental limits, stability which will help them to move ahead to work reliably. It keeps them away from stress, weight gain, high blood pressure, diabetes; Designed fracture, insufficient to carry out normal activities leading to injury, for example, osteoporosis. Likewise it makes him the creator and server of the overall people. Participation in sports should continue with the authority of schools, schools and universities. The government should work with the most grassroots sporting events for participation in women's sports. It is the commitment of each and every resident to see that women can participate in sports comparably and have an extraordinary and healthy life. (Gupta, 2019)

Sport is a huge field, but today everything is thought of as a site free of gender disparity. Sport is something that integrates dynamic action through well-coordinated participation that doubtlessly tackles real limits and cutoff points while giving pleasure to the part and the observer. There is development in the level of participation of

women as compared to the previous years. In light of everything, the gender divide does indeed exist, with various issues such as administrative issues and scheduling in sports. The issue of women's participation in sports is not necessary as a result of its benefits for specific individuals, but rather after considering the vast social and political space that the phenomenon of sport occupies in a nation, which is important for individual individuals. The appearance takes on a more pronounced significance. (Guthrie, 2019)

The importance and experience that cricket gets in India is limited to men's cricket. There are great variations in entry and acceptance between men and women in cricket. Women's cricket takes a slightly more fundamentally ambiguous position, while men's cricket continues to shape Indian nationalism in concrete ways. Considering how much effort cricket makes in the presence of Indians, India has unfortunately failed to overcome the awkwardness in Indian cricket. It contends that men's cricket creates a gendered nationalism, further adding to gender exclusivity in the sport and in the public eye, although it is believed that women in cricket could help trim more cautious nationalism and advance value. (Hannan, 2016)

This sets apart the Indian rule on gender continuity in sports and the different attitudes that inspire respect in cricket. Taking into consideration the idea of a female devotee fighting against a lonely process, the article proposes a psychologically cool creamer framework to reinforce both sexual segregation and coordination in cricket. The last idea deals mostly with both elite level and lower level cricket, as changing international cricket alone is not satisfactory to achieve balance.

However, this current situation underwent a change in July 2018 when the country stood united and showed enthusiasm for women's cricket taking over the electronic entertainment. Once again the World Cup 2018 is related to women's cricket and the original explanation being news-projecting was actually about them, countless matches were allowed and women got some screen time and consequently the public interest followed. (Karad, 2018)

## **METHODOLOGY**

In this work, 100 respondents were selected from Delhi-NCR. All the respondents were chosen by random sampling method. Out of 100 respondents, 50 were males and 50 were females. Here, 100 respondents were state level athletes.

## **DATA ANALYSIS**

### **Women empowerment**

**Table No. 1**

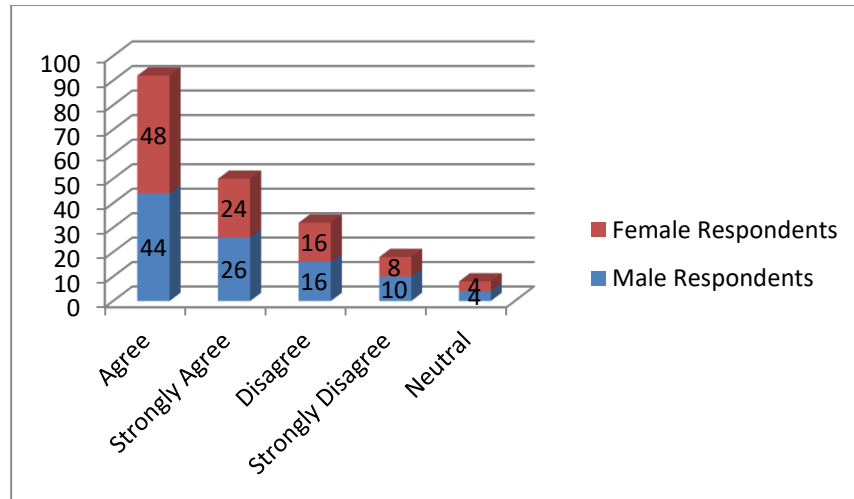
**Classification of respondents on the basis of Women empowerment**

S. No.	Do you think that women participation in sports have led to women empowerment?	Male Respondents		Female Respondents	
		No.	Percentage	No.	Percentage
1.	Agree	22	44	24	48
2.	Strongly Agree	13	26	12	24
3.	Disagree	8	16	8	16
4.	Strongly Disagree	5	10	4	8
5.	Neutral	2	4	2	4
	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

**Analysis**

It is clear from the above table that out of total 50 male respondents, 22 respondents agree that women participation in sports have led to women empowerment while 13 and 8 respondents were ‘strongly agree’ and ‘disagree’ with this statement respectively. On the other hand, 5 and 2 respondents were ‘strongly disagree’ and ‘neutral’ with this statement respectively.

Similarly, out of total 50 female respondents, 48 respondents agree that women participation in sports have led to women empowerment while 24 and 12 respondents were ‘strongly agree’ and ‘disagree’ with this statement respectively. On the other hand, 8 and 4 respondents were ‘strongly disagree’ and ‘neutral’ with this statement respectively.



**Interpretation:**

It is clear from the above graph that majority of the male respondents i.e.44% agree that women participation in sports have led to women empowerment.

Similarly, majority of the female respondents i.e. 48% agree that women participation in sports have led to women empowerment.

**Social Status**

**Table No. 2**

**Classification of respondents on the basis of Social Status**

S. No.	Do you think that sports participation has enhanced the social status of women?	Male Respondents		Female Respondents	
		No.	Percentage	No.	Percentage
1.	Agree	21	42	22	44
2.	Strongly Agree	9	18	10	20

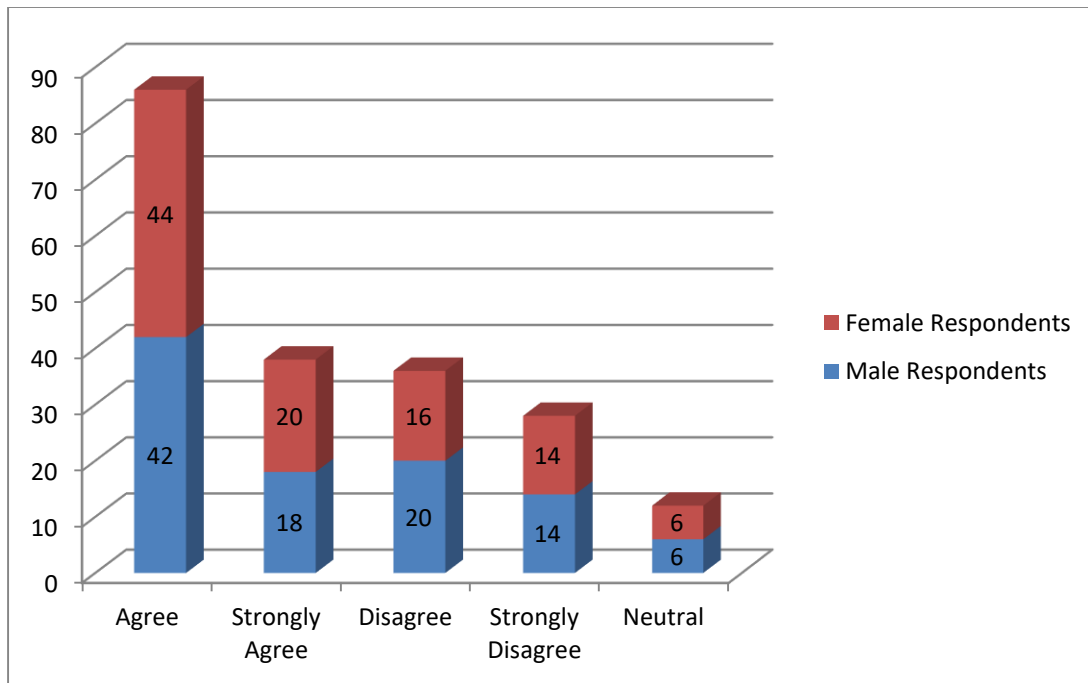
3.	Disagree	10	20	8	16
4.	Strongly Disagree	7	14	7	14
5.	Neutral	3	6	3	6
	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

**Analysis**

It is clear from the above table that out of total 50 male respondents, 21 respondents agree that sports participation has enhanced the social status of women while 9 and 10 respondents were ‘strongly agree’ and ‘disagree’ with this statement respectively. On the other hand, 7 and 3 respondents were ‘strongly disagree’ and ‘neutral’ with this statement respectively.

Similarly, out of total 50 female respondents, 22 respondents agree that sports participation has enhanced the social status of women while 10 and 8 respondents were ‘strongly agree’ and ‘disagree’ with this statement respectively. On the other hand, 7 and 3 respondents were ‘strongly disagree’ and ‘neutral’ with this statement respectively.





## Interpretation:

It is clear from the above graph that majority of the male respondents i.e. 42% agree that sports participation has enhanced the social status of women.

Similarly, majority of the female respondents i.e. 44% agree that sports participation has enhanced the social status of women.

## WOMEN SPORTS PARTICIPATION IN INDIA

Keeping in mind the interest of the public and taking a leap towards the progress of women's cricket in 2018, people are expecting Indian Premier League for women sooner or later. Some commentators are also expected to follow the key matches of the women's party. Some women sportspersons may get comparatively more endorsements and endorsements from now on. People are sure of the strong opportunities that women's cricket should take in the next few years and there are people who will be extremely satisfied and excited to see the central communities turning towards women cricketers sweating it out for the country.

The women's sporting scene in general is growing rapidly, evidenced by the number of master women's leagues that have emerged of late and the number of female contenders joining the international ranks. The support of this

scheme from the government, sports and various partners is motivating more women and young women to participate in sports and dynamic recreation.

The findings suggest that women and young women face a specific level of participation barriers that may constrain their participation. Such constraints can be overcome through regular approach and programming intervention, where commitment from government and other large scale actors is present. The Government of India and its partners have shown interest in the women's sports scheme from both a business and collective participation perspective.

At any rate, mass sports participation among Indian women and young women remains bounded and has potential entryways for growth and change. To change the women's sports participation landscape in India, the extent and growth of participation requires open doors, thought and action. While express countries have made strides in advancing the women's sporting plan, the fundamental work continues from one side of the planet to the next and clearly in India.

Similarly with all spheres of women in sports, women are kept out of the leadership level given the male controlled society associated with misogynistic legends. A large part of the current burden on people a large part of the time is choosing future overweight people from within their connections, exacerbating the lack of gender stability in affiliation and expected by older men. Furthermore, a movement of legends surrounds women with relationships, for example, that women are not open to gifted, enchanted, or allied positions.

More likely, the women haven't been asked! Women in positions of affiliation and affiliation may be dealing with the drive of sporting relationships through a mixture of different attitudes and experiences in dynamic cycles, as well as perhaps through more stable strategies for monitoring affiliation. In addition, the prospect of women holding affiliation positions runs through very strong areas for whether a federation values women in sport.

In the subsequent years, sports as an industry in India have changed radically. The advancement of sports at all levels of society not only empowers inclusivity, it also sets open doors of employment. Furthermore, there is a lack of a sports culture at this point which will present its own troubles for those hoping to signal here. Due to socio-conventional considerations, keeping in mind the women's participation, the women's sports studios depend on the block level. Specifically, the party discussed issues including fear of judgment, sabotage, lack of cutoff marks, surprising bravery or self-restraint, limited participation decisions, and security concerns.

Women voiced support for women's ordained actions in the late nineteenth century, long before a genuine field of social status emerged, yet their beliefs and practices were overall negotiating on the fringes of general thought. The belief that the female body was definitely not as well (less for areas of strength, etc.) than the male body varied widely between scientists and clinical experts while supporting the standard 'data' Parts continued to go.

These assessments, advanced by prepared experts, are spread through normative society, further reinforcing their 'truth'. Based on ideas of female modesty, the inclination towards an understanding of women's bodies translated into severe measures to bind learned missions to the physical and, exceptionally, to the 'weaker sex'. Scholars alleged that the authenticity of young women, especially when co-existed with the types of illuminating activities, would overwhelm the boundless extremity of female energy.

Fears over a woman's potential catharsis for ideological cutoffs in serving their circumstances as youth carriers were fundamental to the policing of women's bodies. It was certainly honored to be seen differently in relation to the advantaged white women, who were recognized as the superior race of the people. Therefore, a woman's commitment to her caste depended on her affluence and that of her friends and family.

No woman has ever gone through a presence without being vulnerable. She does or does not face 'women's customs'. Regardless, it may have passed out consistently or abnormally. Thus each woman, as determined by temperament and various circumstances, is fundamentally an invalid for each condition. Thus no woman can do steady physical or mental work. By fighting in equal conditions with men, nature cripples the whole sex, single and married.

As demonstrated by the World Bank, the advancement of women's empowerment as a development objective rests on a twofold argument: that social stability is a fundamental part of human government and generally worth pursuing, and that Women empowerment is a means to various ends (count). Fair play and genuine work agree to the open path). The long addition to women's space during the recent twenty years is now embedded in a more specific setting of worldwide development and should not be seen as a limited effort.

We must emphasize gender, young women, and certified mentoring because access and normative participation is a fundamental common gateway. This is a fundamental general entry route as standard participation in real work is a fundamental part of a healthy lifestyle.

Such programs which prepare children for highly reliable work must be thoroughly planned, specially coordinated and carried out on a large scale. Quality, school-based programs provide opportunities for teens to develop the

qualities, data, and cutoff points they really need in areas of strength, gain confidence, and be trusted in the presence of others.

Overall, females of all ages have lower dynamic work participation rates than females of all ages. Expansion of dynamic work level of women is necessary for progress and mental prosperity. It is disturbing to understand and see the limitations that thwart greater female participation in the same kind of work. Research shows that gender and women's needs should be respected while making a clear genuine work stunning entrance. Participation of women through sports or sporting clubs is less than that of individuals.

Respect is not common in sports and dynamic work settings. It is carried forward with skillful undertones to think about the needs of young women and ladies. When in doubt, with only 25% of young women doing appropriate levels of work to reduce the risk of developing slow or stable disease and working on graded fulfillment, more work needs to be done to ensure that activities address young women's issues are addressed and disseminated in an environment that encompasses participation in a safe, secure, open and understanding environment.

## CONCLUSION

The need for young women and girls to engage in sport, whether sport or first-class performance, offered through a local or national sports planning body, is a fundamental right that includes a single's connection, fulfillment, flourishing, personal resilience. And there are ideas for achievement. These modest times have seen an increase in women's participation in sports, especially in India. In any case, apart from their participation and achievements in sports, it was felt that the level of participation of women in sports would be kept up accordingly. Most of the making broke and government experts basically advance the benefits of sports for women by which they are motivated to participate in sports. Likewise their involvement in sports has hurt them with family and connections, effects for youths who were not close to them in many forms every day.

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