



## **Role of Sports Women in the field of Physical Educations**

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### **Abstracts:**

*Women participation and popularity in sports increased dramatically in the twentieth century, especially in the last quarter century, reflecting changes in modern societies that emphasized gender parity. The special bilingual issue feature contributions on the role women have played in physical education. The challenges to offer a comprehensive picture of their individual and collective journeys, their diverse identity constructs and their specific didactic and pedagogical orientations but also to pinpoint the major steps taken in enabling them to secure key positions in the school institutions, beyond purely teaching roles.*

**Keywords:** *Women Participation, Popularity, Twentieth-Century, Secure, Key Position,*

### **Introduction:**

Women's sports includes amateur as well as women's professional sports, in all varieties of sports female participation and popularity in sports increased dramatically in the twentieth century especially in the last quarter century, reflective changes in modern societies that emphasized gender parity Although the level of participation and performance still varies greatly by country and by sport women's sports are widely accepted throughout the world today. In a few instances such as figure skating female Athletes rival or exceed their male counter parts in popularity in many sports women usually do not complete on equal terms against men.

Although there has been a rise in participation by women in sports, a large disparity still remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs still remain conservative and do not contribute to gender equality in sports.

The avenues pursued throughout this special issue suggest that physical education is actually multidimensional as evidenced by the experiences and career status of the women who have worked in and transformed the field the role of women needs to be re-examined not



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only form a national and international perspective but from an angle that deconstructs the very idea of universal experiences as well as that of generic discourse and representations so as to gain an understanding of all career paths and identity constructs and grip the entire spectrum.

Of commitment and contribution made to altering what is labeled as "muscling" and "feminine" In short what is needed in a vast body of comparative studies for which we hope this topic will be an effective catalyst.

An important role of physical activity in the life of older women lies in prolonging independence while no one can guarantee that exercise will prolong life, it can enhance the quality of life for older women who value their independence.

The benefits for women and girls with disabilities are also established. It has been noted that sports provides a double benefit to women with disabilities by providing affirmation of self empowerment at both personal and collective levels apart from enhancing health wellness and quality of life participation in physical activity and sports develops skills such as team work goal setting, the pursuit of excellence in Performance and other achievement oriented behaviors that women and girls with disabilities may not be exposed to in other contexts.

Participation in sports and physical activity can also facilitate good mental health for women of all ages; including the management of mental disorder such as help reduce stress, anxiety loneliness and depression. This particularly important as rate of depression among women are almost double those of men in both developed and developing countries.

Sports can serve as a vehicle to improve women's and girls' leadership role and participation in decision making the acquisition of valuable skills in management, negotiation and decision making empowers women and girls to become leaders in all areas of community life, as well as in the household's.

### Significance of Research:

In present Research topic has studied of the role of sports women in the field of physical education and their achievements and condition of women in sports sector.

### Objective of Research:

1. To study women participation in sports.
2. To study sports history and women role in sports.
3. To study role of women in physical education.
4. To suggest recommendation to develop women's position in sports.

### Research Methodology:



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In present research topic use of secondary data sources for research work and Descriptive, scientific and analytical research method are used in present research.

### Conclusion:

The research topic shows the above conclusion:

1. Reducing stress condition through physical activity among women.
2. Sports women are important factor to raising awareness in sports community.
3. Reducing out to young women to reproductive health's
4. Sports sector is important for promoting girls education.

### Recommendation:

1. Government also tries to increase women participation in sports.
2. Societal institution also takes responsibility for promoting physical activity in women.
3. Educational institution participation in physical education is very necessary.
4. Give all the type of facility and finance assistance to sports women & girls.

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