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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

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Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Woman Empowerment in Physical Activity and Sports

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Abstract

The study reveals that women empowerment is an important goal of development process; also it faces many challenges because of its specific regional and religious attributes in the country like India. In both subtle and explicit ways, women face many barriers to participating in sports, which prevent women and girls from reaping the many benefits that can be gained from playing sports and engaging in physical activity. The sporting world epitomizes many of the gender stereotypes which persist around the world today, and has proved to be highly resistant to meaningful gender reform. By creating opportunities for women and girls to engage in sport, communities and societies empower women and girls on an individual level, by promoting self-confidence, leadership, teamwork skills and a sense of achievement. They also challenge existing gender norms and roles within society. Sport provides a space in which women can renegotiate concepts of femininity and masculinity, challenge stereotypes which label women as weak and inferior, and demonstrate to their communities what they are capable of achieving. As such, promoting girls' and women's involvement in sports is an important tool in gender equality and women's empowerment and, more broadly, in development and social change. Therefore this study supports to the freedom and empowerment of women in sports and in other activities.¹

Keywords: - Empowerment, sporting, achievement, opportunities, and challenge.

Introduction

Mission Statement, Beijing Platform for Action Fourth United Nations World Conference on Women, Beijing 1995). This article supports to study about the condition of women in the field of sports and the participation and involvement of women in sports. This article proposes to study about the status of woman in sports in India. We sleep in a world which changes so quickly that it's not in the least a surprise that the image of girls in sports is additionally changing quickly. However, it hasn't been that long since women were not even socially permitted to participate in sports or any kind of physical activity. In some places, women aren't allowed to participate within the sport activities. For example, "In Afghanistan, women were allowed to participate in sports after the autumn of the Taliban regime in 2001. In Saudi Arabia, women and girls are barred from participating in sports and physical education. Saudi Arabia is one of the countries never to have sent a female athlete to the Olympics but overall image of women in



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sports has changed. Now women can not only participate in sports, but they can also excel at them.

Women face gender equity issues as athletes and as sport governance officials. There is a scarcity of girls in leadership positions in sport thanks to the very fact that sport may be a gendered institution which all processes operate within a hegemonic masculine norm. Furthermore, sport institutions have institutionalized masculinity because the operating principle within sport, which identifies male activity as privileged, and reinforcing masculinity and masculine behavior as acceptable leadership qualities required in sport. Therefore, it's said that gender inequality has become an institutionalized practice within sport organizations. Importance of Sports in Indian sports, character, and value, physical and mental strength are all challenged during a short span of your time. Sports can tell us tons about ourselves as individuals and as a society. Yet, aside from a fanatic obsession with Cricket, we've little or no to point out for our passion in sports. While there's certainly better infrastructure available today, sport isn't a well-liked a part of Indian culture. Instead of joining sports teams or athletic games, many children are spending countless hours ahead of TV screens and video games. I am not getting to enter the demerits of not playing a sport, but will rather showcase the merits of doing so. I believe sports occupy a prominent place within the lifetime of a nation. To me they're an indicator of the culture of a rustic too. The basic values like healthy competition, respect for the opposition and fair-play are inculcated by playing sports. Sport not only helps keep you healthy and fit but also plays a crucial part as a recreational event. Imagine you're home after a having a very hectic week and choose to travel out with the boys for a game of football. Your batteries are recharged; your stress gets busted and it relaxes you such a lot more. Sports shape the character of a person significantly. Concentration, alertness, team-work, focus and leadership are a number of the talents that sport teaches anyone. Sports develop and encourage the spirit of healthy rivalry and competition. They teach us coolness, courage and self-control. It inculcates team-spirit, a way of comradeship and discipline. A sportsman has got to obey his captain and accept the judgment of umpires and referees. He learns to put the interests of the team above considerations of self. Thus, sports play an important role in imparting complete education. Also it breeds the sportsman spirit which enables everyone to simply accept failure and defeats during a positive way and learn from such events. Recently, we've seen a couple of good initiatives are haunted by a couple of leading news networks too. Currently we've a 'Marks for Sports' campaign endorsed by a number one cine star. It encourages schools to grade students for the sports they participate in. Sports need to be a part of a country's culture and getting the faculties into this is often a very good initiative.

Conceptual Study

M.K. Singh says in her book "Indian Women and Sports" that the foremost important factor which is grounded on the sexist theory preventing girls from entering sports is that her



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physical structure, particularly at the time of menstruation is so weak and she cannot play. According to Boutilier there are two kinds of mutations which are called masculine sports and femininity games. The office continued in the mediaeval period, the right of women to engage in sports items debated for the first when physical education for women became part of the curriculum in 1891. The Russian women athletes in the contemporary period are called the Amazon who also presented a similar connotation. The competitive sports make women's body, masculine. Sangiovanni says that the general notion about the Sport which considered as physical practice as well as an entertainment. Adult females have been fighting for equality with male. Whether they are struggling for similar situations, opportunities rights, or even sportswomen have had to battle for the self-respect that they deserve in life time. The battle for equality in women or man female player has been a problem for the country; male sports have been accused of receiving more serious recognition in the sports they play, having more playing opportunities, obtaining higher salaries, and attracting extra media coverage. The Indian Constitution has bestowed equal rights on women. Gender and Sport in India may be a very vast topic. This is a reality of all chances of human life in India. Indian women have mastered anything and everything which a lady can dream of. Between the men's and women's versions of the sport they identified. One of the most consistent justifications for the apparent lack of equality between men's and women's Professional sports put forth by many of the respondents was that men's sports are faster, more aggressive and dynamic, and thus more exciting. Thirty-six boxers will compete across three weight divisions. Among them, India's Mary Kom, who's already a five-time world champion. Saina Nehwal is also international badminton ranker. Physical Education can help increase self-confidence by gaining women opportunities to play as new skills, engage in positive relationships, acquire achievements, and have interaction in volunteer service. Female participation and recognition in sports increased dramatically within the twentieth century, especially within the last quarter-century, reflecting changes in modern societies that emphasized gender parity. Although the extent of participation and performance still varies greatly by country and by sport, women's sports are widely accepted throughout the planet today. In a few instances, like ice skating, female athletes rival or exceed their male counterparts in popularity. In many sports women usually don't compete on equal terms against men.[1] Although there is a rise and surge in the participation by women in sports, large disparity still remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs still remain conservative and don't contribute to gender equity in sports. In sports more often people don't acknowledge women sports the maximum amount as men's sports. From the time of early Olympics, the role of girls in sports



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and games was neglected. The end of the 19th century and switch of the 20th century saw the rising interest of girls in sports both as participants and spectators. However, compared to men's participation in sports, women sports are newer and is that the reason for them not getting the popularity they deserve. But the planet of sports has begun to ascertain how women's sports are often even as interesting and exciting as men's sports are often. An important role in encouraging women to participate is played by the tutorial society, be it at school or at college. The provision of sporting facilities on a good scale to both women and men shows the new trend. This has seen an increase within the number of girls participating in sports. More people want to ascertain women play sports now than within the past due to the higher quality of players. One of the reasons for the decline of sports in India is that we have been mostly concentrating upon the young people living in the cities. We have ignored the villagers, the tribal people et al. . In fact, those that sleep in the cities generally don't enjoy healthiness due to the polluted atmosphere and filthy environment. As they're mentioned within the lap of luxury they can't be hardily people. But so as to draw the eye of the villagers to sports we'll need to have playgrounds also because the facility for enjoying games within the villages. Competitions among the villages should be arranged periodically. According to a recent study, women had a rough entrance into the sports arena as it was seen as an unwelcoming intrusion into the realm of masculinity, and this caused women who played sports to be viewed as masculine or lesbians. Essentially, for ladies to not be considered lesbians in sport, they need to have beauty and beauty as against skill or athleticism. Successful women athletes were considered to be lesbians because they were seen as portraying a fashion contrary to gender roles. It has been found that by perceiving powerful women as lesbians, it is an attempt to belittle and disempowered them. This threat and therefore the resulting perception of it, reinforces the negativity of lesbianism, but also the negativity related to being a female athlete, and will potentially affect female participation in sports, and society's interest in female sports. The sports competitions should be given much publicity and should be organized on a grand scale. Similarly, some adventurous coaches should get hold of the tribal young people for importing training in the different fields of sports and games. Perhaps these people can participate in some of the sports events like long jumps, archery, high jumps and races in a more successful manner.

Sports persons in India have to suffer because they are not given proper facilities. Sportspersons need very rich diet and also certain other conditions which may develop their talent properly. Some of the top sportsmen or women are given jobs in good firms but the sportspersons of the lower grade are completely ignored. When they retire from active sports



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they do not have anything to fall back upon. No financial help is given by any institution. This discourages the young people from taking part in sports.

In fact, it has been again and again pointed out that politics in the Sports Organizations of India has spoiled the sports. The selections are mostly based on favoritism and some of the outstanding sports persons are just ignored because they do not happen to be related to some influential person. Moreover, the sports bodies go on planning tours and matches fielding sub-standard sports person without thinking that the national pride will receive a serious setback in case we are unable to win. Some of the Ministers and the political leaders want to be at the helm of affairs so that they may be able to embezzle sports funds. Under such circumstances, it is not possible to raise the standard of sports in India. ²

With increased exposure to global sporting events, the youth has evolved, and there is a growing market today for new sports. From Messi to Murray, young Indians have found a whole new set of heroes. Adding to this is the slew of recent wins by Indian sporting icons that have inspired youngsters to pursue their passion for sports. The success stories of Saina Nehwal, Mary Kom and Dipika Pallikal have also inspired a lot of young girls to pursue sports. ³

Despite its huge population, India is almost always at the bottom in the Olympics medal tally because of the lack of facilities provided. The dreams of sportspersons of winning medals for India at the Olympics are shattered as they are not provided with proper resources. India still lacks good coaches, proper infrastructure and other helpful schemes which the government can provide, hence the failure to acquire medals. ⁴

Few National Sports Institutions in India which Government introduced are as follows: -

1. Sports Authority of India (SAI)
2. Netaji Subhash Institute of Sports (NSIS)
3. Laxmibai National College for Physical Education, Gwalior (LNCPE)
4. National Anti-Doping Agency(NADA)
5. National Dope Test Laboratory (NDTL)

Few of Schemes of 12th Plan in India are as follows: -

1. National Institute of Sports Science Medicine



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2. National Institute of Sports Coaching, Patiala
3. Scheme of Sports Schools at District Level
4. Preparation of Teams for Mega Sports ⁵

Conclusion

Empowerment in this sense refers to the surgical procedure through which women gain the self-confidence, strength, and in some contexts the information and skills, needed to clear strategic choices to improve their spirits. The article attempted to explore this ambivalent attitude of Indian sporting women. Today, no doubt, women participate professionally in practically every major sport, though the Level of participation typically lessens when it comes to the more violent contact sports. More measures need to be taken to increase and improve the participation of women and girls in sports for their better enhancement and empowerment.

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