Motivation of Women for Sports Participation
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Abstract:
Women of all ages generally have lower physical activity participation rate especially in Indian. Increasing physical activity levels for females is important for health and mental wellbeing. Understanding and addressing barriers preventing more women participation in physical activity is complex. An important source of physical activity is sport participation, particularly for young females. Women who begin sports at younger age in life are more likely to continue being active as they get older. Despite the many clear benefits of an active lifestyle, lack of physical activity is a significant health problem in the college population. A key issue in physical activity research is developing an understanding of motivation. Although physical activity takes many forms, most research designed to enhance motivation for and adherence to physical activity focuses on exercise behavior and ignores sport participation.

Keywords: Motivation, Women Sport and Participation

Introduction:
Many people think that girls are not as interested in sport as boys. Women’s Sports Foundation research shows that boys and girls between the ages of 6 and 9—and their parents—are equally interested in sports participation. However, by the age of 14, girls drop out of sport at a rate that is six times greater than boys. Girls and women simply do not receive the same positive reinforcement about their sports participation. Although there are more women involved in the realm of sports, females face societal challenges associated with the male hegemony of sport, including issues of identity, media coverage, fan support, and opportunities such as in the job market of coaching and broadcasting (Mean & Kassing, 2008; Kennedy, 2009; Krane et al., 2004). There are also issues of disparities in availability of forums to disseminate the expertise of women in the field compared to their male counterparts. The increased participation and success of female athletes at the Olympic Games, increased television coverage of women’s college sports, new women’s professional sports leagues and the participation increases of females in all sports and all age levels.

Purpose:
Despite the many health benefits, physical activity trends in females have been consistently reported to be lower than that of males. Other demographic variables may also be related to sport participation. The purpose of this study is to explore the factors that motivate girls/women’s to participate in sports.

**Factors Effecting Women sports:**

*Social Cultural factors*  
*Safety*  
*Age factor*  
*Physiological issues*  
*Fitness and mental health*  
*Employment*  
*Skill/mastery*  
*Affiliation/recognition*  
*Team factors*  
*Parental support*  
*External rewards*  
and so on

**Benefits of Sports participation:**

1] Girls and women who play sports have higher levels of confidence and self-esteem and lower levels of depression.
2] Girls and women who play sports have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports.
3] Girls and women who play sports are fearless and develop leadership qualities.

**Conclusion:**

The presence of women taking part in sports has only grown since than and the gap between men and women in their interest in sports has narrowed considerably over the last two decades or so. Physical activity positively influences almost every aspect of young women’s health, from her physiology to her social interaction and mental health.

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