



SPORTS PARTICIPATION OF WOMEN: ISSUES AND CHALLENGES

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ABSTRACT

The situation with women in present day India is a kind of anarchy; women have left their home place and are now at the zenith of life, completely secure to their energy, breaking point and their position. She supported herself that she could walk close to close men. Despite this, he is yet to get his due in India. The gender status of India reveals that the Indian era is currently skewed against women to make it what is happening in the field of work or sports. Such tremendous issues are seen in today's life by Indian women when they are isolated from different women of European countries. These issues have become a fundamental part of Indian women's lives and some of them have remembered them as their destiny.

The game is outreach in nature. In earlier days only men participated in a major part of the games, sports and women were not allowed to take interest. Earlier women had to face various aspects, for example, physical, mental, family, social, social; Outrageous, and anyway they start dynamic participation in all events. Women sportspersons face various requirements or barriers while calling sports. Such limitations either keep them from memorizing for the game or turn them away from orchestrating.

Financial goals are seen as the most fundamental variable that drove women's participation in sports. Keeping the above in view all the hurdles either desperation or lack of financial condition or no supporter have achieved the end from sports participation. Then again the limits address the three-sided or pyramidal elements. It is the one in which the non-simplicity of expert advisors, no acceptable system and non-openness of playing requirements and equipment.

KEYWORDS:

Women, Sports, Participation

INTRODUCTION

Due to non-appearance of the straightforwardness of qualified gurus, further development of performance is not possible and they only become the way behind the wounds of sports. The player must wear a sports outfit and some sports contraption to prevent injury. Also packs should be given to women to help them with their morals. (King, 2017)

Outrageous constraints benefit those social systems that are fundamentalist and hold rigid ecclesiastical beliefs; they are under great stress over their insurmountable beliefs. They are strange because society will blame and condemn them for going beyond the constraints of their religion. Perhaps this could be the reason why till now most of the women are not able to perform their potential.

The Indian Constitution has the familiar vague gateway for all women. There is nothing Indian women cannot lead and everything they can dream of. In any case, we cannot express each and every more exceptional quality sports women taking into account the requirements mentioned. As some of the Indian women like MC Mary Kom, Sania Mirza, Sania Nehwal, etc were vagabond models before us and are the real models for the present and coming era, we should show such breaking point in our women so that we can stand on every edge But can keep such women of India. Actual preparation can help women to increase mental determination by grabbing potential opportunities to play the new cutoff marks, participate in clear affiliations, achieve achievements, and participate in volunteer help and help the nation. (Kumar, 2019)

Participation in sports helps women in various accumulated attitudes and frees them from their mental limitations, suitable concrete areas to work on their energy which will help them to move forward to work throughout the day. Due to the above discussed requirements women face non-adaptive issues like stress, weight gain, high blood pressure, diabetes; Substance breakdown, in fact, complicates carrying out normal activities associated with injury, for example, the condition of osteoporosis.

Appropriately, they are creators, builders and service providers for the overall people, these goals should be taken away from to encourage women to move forward. There should be a campaign in schools, colleges and

universities for the participation of all women in sports. The government should lead the thought process for participation and promotion of women's sports. Moreover, those states where religion is becoming a hindrance should consider clear alternatives so that their women can participate in sports accordingly and lead an indispensable and healthy life.

All things considered, women and womanhood are portrayed in association and separation from men and masculinity. Sports and the sports world have been associated with a masculine sphere and have been shown to be biased against female competitors. This model has been contested and tested over the years. (Larkin, 2017)

Normative principles for women are always changing but there is a long way to go. Despite these positive advances, female players still face various difficulties in actually meeting their sporting needs, which are largely a result of deeply ingrained gender rules. Basically the essence of the issue has changed from older to later developments.

Young ladies and women in every broad people find it more difficult than fiercer colleagues and men to participate in sports and sports continue to be overwhelmed by people. This is on the grounds that society has been facilitated to consider games like gender discrimination. Guys should show clear credentials and practices that are masculine, while women are supposed to commit to being refined.

Generally speaking, women have been trusted to have a shapely and curvy body, to be passive and to be alert. Culture is an issue of presence and doing leadership and expressing gendered professions. The notion of femininity a great deal of the time prevents women from lifting weights, sweating, smelling, being in rough concrete areas, and engaging in sports and physical exercises. Sometimes it even has the wrong result of betting with their ability to have children, thus maintaining women's advantage in the sport.

REVIEW OF LITERATURE

Men are urged to be willing to refer to strong, serious party practices, while women are strongly encouraged to refer to personally satisfying practices such as tumbling, synchronized swimming, and so on within existing social constructions of masculinity and culture. (Lee, 2019)

Compulsive play along masculine and friendly lines allows women to see the authentic limits that have been imposed on them. It has been held for a long time that women are more sensitive to sex. It is assisting through

legend - unsafe and dangerous. There will be a seemingly normal certainty in the constraints socially and socially imposed on women. The Jerk Rule sort of manages a very real imperative of women.(Oglesby, 2016)

Standard gender stereotypes related to sport and the certified movement have been tried and tested by women activists for change. Normative female gender stereotypes and 21st century women's sports clearly show female sports people have established themselves in the world of sports. Her ability to challenge radical cutoff marks and requirements, women's real appearance, exams with respect to athletic ends and worked with effort in sports is evident through her truly wide ally in sports. (Singh, 2018)

The experience of various female contestants recommends the need to strengthen the additional effects of legitimacy. Because different young women don't get the same kind of encouragement as their families to be really socially independent and really excel. However, after the 1970s women's temperance movement, women's status spread to different areas, including men doing serious women's work. This sport is in absolutely stunning dissonance with the importance of femininity. (Srinivasa, 2020)

Women musclemen have presented a new picture and tried the standard idea of female scarcity. She raised the issue about gender asymmetry being assessed by showing toughness and strength which are only male credits. Women watching the Games showed that ideas of the lack of women were based in a setting opposite to nature. (Sabo, 2018)

As in India such tremendous people are confused. They are misused even by expecting the right, anyway they cannot return to the court for a quick relationship. In the metros it seems that there is awareness of sports among women, and meanwhile the situation is most unpleasant and also in the family sector. Nowadays Indian women have achieved a wonderful green in many sports. Satisfying the country in district games and in Asiad shows that women are working especially hard for their achievement and they have realized their potential. (Schmalz, 2016)

Like Deepika Kumari, a gold medalist in archery in regional games, is not yet a major and is an auto driver girl from a certain area. Another history maker and head of discussion throw, Gold Big Paneer woman Krishna Poonia is nine years old. The mother of a child and many more have defied everything else to trump and not just in tennis and badminton, she has also roared past male bastions like wrestling and power lifting. Possible outcome as a whole And they have their own capacity to participate fully in their lives, entertainment exercises and they are supportive according to Indian practices. Indian women have taken care of everything a woman can dream of. In any case, she In fact Indian men have gone a long way in achieving equal status in their characters. (Suresh, 2019)

Sport is one area where the gender disparity is emphatically glaringly obvious. The issue is more socio-psychological than any other. Today, as we stand near the beginning of another thousand years, unfortunately men and women are surprisingly managed, especially in sports. Women make up a wider local area of the planet, yet comparable potential results are not given. (Razack, 2017)

Conditions are remarkable and improving, yet at this point a wonderful arrangement remains to be achieved. Men participate in the benefits in all walks of life. Gender discrimination is an important issue and to change what is happening, extraordinary progress/measures should be taken. Female feticide is the most extraordinary horrific incident. The latest developments have been prominently destroyed in the murder of the girl. Far from giving her proper advice and a blissful life, we Indians are trying to drive women out of this world. Sticking to principles governs our thinking to a great extent. (Carole, 2016).

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

Gender issues

Table No. 1

Classification of respondents on the basis of Emotional Intelligence

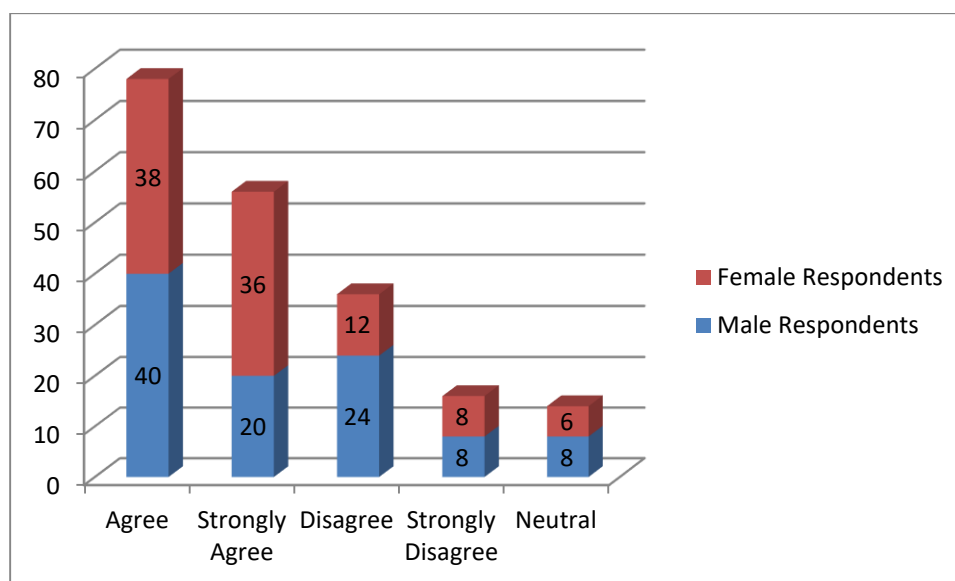
S. No.	Do you think that there are gender issues in sports participation?	Male Respondents		Female Respondents	
		No.	Percentage	No.	Percentage
1.	Agree	20	40	19	38
2.	Strongly Agree	10	20	18	36

3.	Disagree	12	24	6	12
4.	Strongly Disagree	4	8	4	8
5.	Neutral	4	8	3	6
	Total	50	100	50	100

Analysis

It is clear from the above table that out of total 50 male respondents, 20 respondents agree that there are gender issues in sports participation while 10 and 12 respondents were 'strongly agree' and 'disagree' with this statement respectively. On the other hand, 4 and 4 respondents were 'strongly disagree' and 'neutral' with this statement respectively.

Similarly, out of total 50 female respondents, 19 respondents agree that there are gender issues in sports participation while 18 and 6 respondents were 'strongly agree' and 'disagree' with this statement respectively. On the other hand, 4 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.40% agree that there are gender issues in sports participation.

Similarly, majority of the female respondents i.e. 38% agree that there are gender issues in sports participation.

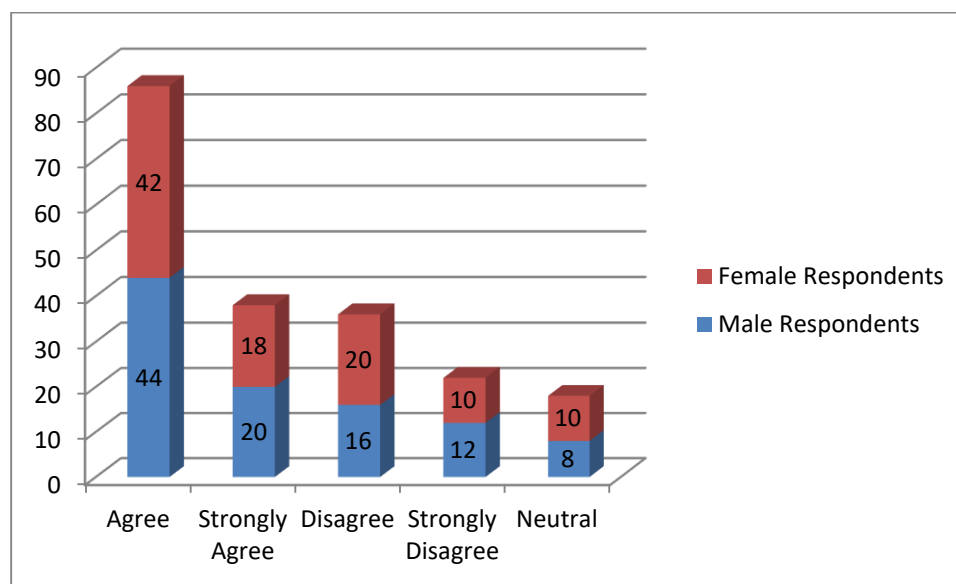
Family Support**Table No. 2****Classification of respondents on the basis of Social Status**

S. No.	Do you think that there is lack of family support for women sports participation?	Male Respondents		Female Respondents	
		No.	Percentage	No.	Percentage
1.	Agree	22	44	21	42
2.	Strongly Agree	10	20	9	18
3.	Disagree	8	16	10	20
4.	Strongly Disagree	6	12	5	10
5.	Neutral	4	8	5	10
	Total	50	100	50	100

Analysis

It is clear from the above table that out of total 50 male respondents, 22 respondents agree that there is lack of family support for women sports participation while 10 and 8 respondents were 'strongly agree' and 'disagree' with this statement respectively. On the other hand, 6 and 4 respondents were 'strongly disagree' and 'neutral' with this statement respectively.

Similarly, out of total 50 female respondents, 21 respondents agree that there is lack of family support for women sports participation while 9 and 10 respondents were 'strongly agree' and 'disagree' with this statement respectively. On the other hand, 5 and 5 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 there is lack of family support for women sports participation.

Similarly, majority of the female respondents i.e. 42% agree that there is lack of family support for women sports participation.

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Routine separation of men and women is likely to be used now and in the near future, a shockingly long time to legalize the prohibition of women in some or all sports. Different people felt that since women could never match

or defeat the achievements of men, there was never really a clear explanation as to why women would be allowed to participate in sports.

Considering everything else, sustainable sports were essentially about flouting the rules and dominating others, women would reliably be sub-optimal in sports of power and execution. Sadly, this view of gender games actually exists. Individuals continue to segregate women and men to the extent that performance is opposite and after a while continue to say that the abilities will not always be segregated because men are fundamentally different from women Are.

The original Indian women to participate in the 1952 Olympics were In 1975, the Government of India came up with the National Sports Festival for Women to advance women's sports. The national festival is close and proceeded by competitions at the regional level.

At least reports have seen that these challenges have been reduced to coordination of statement making and decision making at the national level is done without rehearsal. The report of the National Commission has pointed out the issue of dropout rate of girls from schools.

The situation is surprisingly better in western countries as well as women are managing many issues like us. America is a particularly advanced country in the world. Anyway, even in America, women dominate the gender spectrum. They don't really have an unambiguous portrayal when separated from the men.

Men stand firmly on the bulk of the legs of owners, mentors and game owners. Things have changed since the 1970s when Title IX was introduced; there has been a lot of development to improve.

Researched here and there it's not even close to being real by anyone's standards right now. However, in the recent past, Indian women players have outperformed the men. Be it Anju Bobby George, PT Usha, Sanya Mirza, Anjali Bhagwat. This is not an excuse for the achievements of Sachin Tendulkar, Prakash Padukone, Pullela Gopichand and Leander Paes. All that is proposed is that women are leaving a scratch for themselves in the world of sports and getting respect.

Social cues of humiliation lead women away from studying themselves as wonderful, talented, and self-regulatory individuals. Recently, sport has emerged as a segment to help women kill these self-views. Looking at the participation of women in sports across the world and at the national level, sports are being viewed with a definite

goal of women's empowerment. His participation in sports activities attracts him to be with the presence of goodness.

New age women players like Sania Mirza in tennis, Mary Kom in encasing and Saina Nehwal in badminton, and so on are one of those Indian women who never gave up on their dreams despite coming from mediocre establishments.

The 2016 Summer Olympics, held in August 2016 in Rio de Janeiro, Brazil, featured over 11,000 competitors from 207 countries. India saw the participation of 117 contenders and ended up with a proportion of two decorations, silver and a bronze; two of which were won by women. Badminton player PV Sindhu won the basic silver medal in the women's singles badminton event. With this, she became the only Indian woman to win a silver medal at the Olympics. Apparently, wrestler Sakshi Malik became India's most basic female wrestler to win an Olympic beautification by winning a bronze medal in the 58kg category. No excuses, India had the option of qualifying an artistic tumbler in the Olympic competition for the first time starting around 1964. Sadly, she missed out on the bronze beautification and finished fourth in the event final with a score of 15.066.

After all, India is making like women empowerment where women of our country are choosing different professions and actually working for India. These women have demonstrated their abilities and believe that individual young women should break gender stereotypes by taking up sports calling. Everything was thought of for the Indian women contenders: Sakshi Malik, Dipa Karmakar and PV Sindhu made it to the 2016 Rio Olympics in multiple bouts and showed the nation the potential of young women.

No matter that such a large number of players are hailed from low wage families, they resolved their entire conviction and a sensible technique to the social event to achieve their goals. These women saved the pride of the country in this major international sports event. This is a clear indication of how sports and games have become a way of dealing with women empowerment in India.

The method of communicated spaces for women's and girls' sports activities is accessible to a vast majority yet can see the value in the ancillary benefits, particularly if these spaces are public. When in doubt, local support is mainly delegated to lay people and young assistants. Women and small children should visit these places and should be allowed to do so, there is basically no unprecedented situation. Experience shows that announcing a public space by women and young women makes neighborhoods more obvious to women and young women than offering a public space to men and energetic partners.

From the previous setting, sports programs for women and young women needed a clear change. Sports programs that ensure recruitment of a dynamic sheet of women and girls on driving positions, respect, monetary resources, combined efforts in educational arrangements and finding out fundamentals, move definitely through progress in self-reliance and empower the female individual In such efforts to influence intelligently enough to promote.

Normative gendered occupations may play into how much time women spend on care giving commitments, which may actually affect how much time is left for sporting activities. Sport is typically a male-view for the district and progress in gender power in this space is troubled by societal changes of propriety and masculinity, which routinely endow true sport with 'masculine' characteristics, that of strength and adaptability. , speeds up and confirms on one.

Women who participate in sports may be seen as 'masculine', while men who are not enthusiastic about sports may be seen as 'subhuman'. Victorious gender projections affect not only the organized effort of women's minds in sports federations, but what else their post-help sports.

Female mentors will certainly be found in sports that have a serious level of female individuals and work with women, young people or youths who fight on a partner and general level.

The media can be expected to play a fundamental role in the early part of gender speculation in some system or sport. In all honesty, the gender juxtaposition of women and men lawyers is largely accepted by the media and female interrogators are sexually abused. They are a remarkable piece of the time, showing how much women's achievements in sports have grown, as the emphasis was on consideration and guaranteed bids as opposed to strength and cutoff marks.

One framework for creating gender rationality in sports is to have gender standards in force drawing fields. Gender mainstreaming can be characterized as the integration of a gender legitimacy perspective into each successive phase and program planning or execution.

CONCLUSION

Achieving gender sensitivity and developing women's compactness in sports would benefit from greater engagement with a set of organized interventions, for example, public discussion, planning, planning and active structures that engage young women to stay in sports Are. She says the officer's influence and thoughts can determine measures around expanding well-known evaluations and fighting prescriptive gender businesses.

Reducing gender speculation should do a great job of reducing the boundaries that limit women's consent to regulatory conditions in sport. For defenders of paid correspondence, the ranges in pay are graded in exactly one-sided characters, yet their critics maintain that the deviations are basically the same as they are the norm.

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