

Women's Participation in Sports and Physical Activities

Abstract

Sports is the integral part of the culture of nearly all the nation. It is one of the most powerful platforms for promoting gender equality and promoting gender equality and empowering women and girls. Great progress has been made in promoting gender equality in terms of balancing the total number of athletes participating at the games, offering leadership development, advocacy and awareness campaigns, and more women to leadership roles within the administration and governance. Some women i.e. Karnam Malleshwari, Saina Nehwal and M. C. Mary Com won the medals. On the basis of this trend we can say that, women's participation in sports will be equal to men's near the mid of this century.

Keywords: Women Sports Activities, Physical Activity.

Introduction

The topic is virtually ignored by most of the research scholars and thus female sport participation has been relatively undeveloped area of research. Existing social constructs of masculinity and femininity or socially expected ways of expressing what it means to be a man or woman in a particular socio-cultural context play a key role in determining access, level of participation, and benefits from sports as well as various physical activities. As women were thought to be and in some areas of India still thought to be cursed by some strata of society their birth was seen as a burden. Women in particular, women in sports leadership, can shape personality towards women's capabilities as leaders, especially in traditional male areas. Currently, sports for women represents a fast growing changing element in culture and recent trends have sparked a need of knowledge about the female sports participation. However, despite the prevalence of campaigns promoting the health benefits of physical activity, participation rate remain low in some groups. Numerous social and environmental factors affects participation in sports and physical activities. Women's participation in sports can create a substantial contribution to social life and traditional development. In all this procedure women have any say they induce to do according to the wish of their husbands even if she does not desire to abort she has no alternative. With the help of these social reformers, women of India slowly started seeing her true potential. She set about questioning the rules set down for her by the society. The Indian women's focus of this is a new Olympic, constructed along a former industrial site at startford in the next Olympic sports.

Aim of the Study

To check the percentage of women & men participation in sports & physical activity

Indian women's participation in sports

The status of women in India has been subject to many great changes over the past few millennia. With a decline in their status from the ancient to medieval times, to the promotion of equal right by many reformers, the history of women in India has been eventful. In modern India, women have held high offices including that of the President, Prime Minister, Speaker of the Lok Sabha and leader of the Opposition. Several Indian women have participated in Olympics. First time only four Indian women had participated in 1952 Olympics, Helsinki in athletics. The first Indian woman to ever win an Olympic medal was Karnam Malleshwari who won a bronze medal at the Sydney Olympics in the women's 69 Kg in weightlifting. After that in London Olympics games Saina Nehwal and M.C. Mary Com secured one bronze medal each in Badminton and Boxing respectively. Five women from India have won a Olympic medal and their names are: Karnam Malleshwari, Saina Nehwal, Mary Kom, P.V. Sindhu and Sakshi Malik. Sakshi is a freestyle wrestler and she won the nation a



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Bronze in the rio 2016 summer Olympics. Saina Nehwal was the was the First Indian to win a medal in Badminton at the Olympics, by winning the bronze medal at the London Olympics in 2012. Geeta Phogat became the first ever Indian woman to qualify for the women's 55Kg wrestling in the London Olympics 2012. Women's wrestling was announced in 2004. P.V. Sindhu became the first ever Indian to win the silver medal at the Olympics, by reaching the final at rio Olympics 2016. She also became the youngest woman to win a Olympic medal. Though P.T. Usha could not win the medal in 1984 Olympics in 400 mt. hurdle race, yet that was remarkable and extraordinary performance. In fact, there is a long list of Indian female athletes who won various positions in world cups, commonwealth games, Asian game etc. Among these Anju baby George, Sania Mirza, Saina Nehwal, Krishna Poonia, Seema Antil, Garima Chaudhary, Jwala Gutta, Geeta Phogat, Deepika Kumari etc. are the prominent athletes of India.

Women's attitude towards sports and other physical activities

Here sports participation means women's participation in physical activities as well. Now women's own attitude is positive towards it, as a matter of fact, women's participation in sports has a long history. In the ancient Olympics, women were not even allowed to watch the Olympic games. Even in the first modern olympic games held in 1986 Athens there was no participation of women. Women first started participation from Paris Olympic games onwards. In this Olympic only 22 women participated in 2 sports events. With time the number of women participants in Olympic games was persistently increasing and after so many years in Sydney Olympics the number of women participants increased upto 4069. The participation in Olympic games of women is considered as their increasing

interests and awareness towards games, sports and physical activities. According to the data of Olympic games we can see that the ratio of women participants is increasing gradually towards the start of each olympic game. In the past Olympic games there were 140 events for woman out of 304.

Conclusion

Eventhough the time is changing so fast and situations are improving but there are still prevalent cases where womans involvement in sports and other physical activities are not supported by the society. A number of sportswomen have been defying the odds i.e. social and psychological hurdles. No doubt the number pof women participation in sports is increasing but it is still lesser than men. There are number of reasons for less participation on the female side. To overcome these reasons the mindsets of the of their families, parents, schools, colleges, teachers must be changed. Once these changes and gender equality takes place we can expect equal representation of the total female population of the world in the sports as well as the physical fitness fields.

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