


WOMEN IN SPORTS – ISSUES, CHALLENGES AND REMEDIES
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Abstract

Sport is a universal language. Earlier day's men used to participate in most of the games, sports and athletes, women faces many constraints such as physical, mental, family, society and so on later they also started active participation in all events. Women sports participants face many constraints or hurdles during the sports career. Such constraints prevent them from either involving in sports are prevent them from training. The objective of the article was to highlight issues, challenges and remedies faced by women sports participants. To study the constraints faced by women participant, a questionnaire was developed. The questionnaire with 10 open ended questions was finalized. The finalized open end questionnaire was administered to 60 experts, which included women players, coaches and officials. It includes physical constraints, physiological constraints, psychological constraints, sociological constraints and economical constraints. Because of the above discussed constraints as barriers the face present day non communicable diseases such as stress, obesity, hypertension, diabetes, hormone dysfunction leads to in activity, unable to accomplish the day-to-day activities prone to injury such as the osteoporosis condition. Hence, they are the producer, maker and servers to the society, the constraints to the eliminated for the betterment of women health. Campaign for all women sports participation should encouraged from school onwards. Government should conduct the awareness programme for women sports participation.

Key Words: Physical, physiological, Psychological, Sociological, Economical, Women.

Introduction

Sport is a universal language. It does not have colour, race and so on. Participation in sports not only focuses on health but also the overall development. Earlier day's men used to participate in most of the games, sports and athletes, women

faces many constraints such as physical, mental, family, society and so on later they also started active participation in all events. Suthamathi, et. al. (2011) observed that, women are traditionally not encouraged to indulge sports. Bhatia (2000) opined that, the changing role of women in society from the Victorian age to the present manifests an

enormous social revolution, in which sports have played the major role and thus the development of women and sports is the most fascinating topic in the present era.

Women's sport includes amateur and professional competitions in virtually all sports. Female participation in sports rose dramatically in the twentieth century, especially in the last quarter, reflecting 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 have broad acceptance throughout the world, and in a few instances, such as figure skating, rival or exceed their male counterparts in popularity. An important aspect about women's sports is that women usually do not compete on equal terms against men. Kokilam (2011) studied the women's participation in recreation activities, constraints and motives related with women's physical activity.

Women sports participants face many constraints or hurdles during the sports career. Such constraints prevent them from either involving in sports or prevent them from training. Hence they directly participate in sports competition leads to under injury. Further they promote to barriers. Issues and challenges faced by women in sports can generally classified into primary constraints and secondary constraints. Primary constraints can be faced by the individual that is in their hands. Secondary constraint is by the sports chosen by them considering their multidimensional levels.

The objective of the article was to highlight issues, challenges and remedies faced by women sports participants. To study the constraints faced by women participant, a questionnaire was developed after an extensive review of literature, such as books, journals, magazines and e-resources in related areas. During the development of questionnaire, formal and informal discussions with expert in the women teaching faculty of physical education, coaches, officials, administrators, journalist and other experts were done. The investigators, having been involved with the women sports for more than twenty years in different capacities as player, coach, selector, organiser and observer, initially has developed 40 open end questionnaire to know constraints faced by women sports participants. Pre-try out of the questionnaire was administered to a small sample which involved women players, coaches, officials, administrators, and other experts in the sports and refinement of questionnaire was done. The refinement of questionnaire was done three times. At last a questionnaire with 10 open ended questionnaire was finalized. The finalized open end questionnaire was administered to 60 experts, which included women players, coaches and officials. The opinions of the experts were critically analyzed and common opinions expressed by the experts were briefly consolidated and documented hereunder.

Physical Constraints

Physical constraints refer to the morphological feature adaptations to particular sports. Basically, it refers to the qualities of the sports person such as the physical fitness parameters. Is there failure

in any of these required parameters results in the reduction of sports performance.

- ✓ Heavy musculature of limbs
- ✓ Heavy abdomen musculature
- ✓ Heavy pelvic musculature
- ✓ Obsessive structure (Not within the BMI)
- ✓ Improper posture
- ✓ Having flat foot

Physiological Constraints

Physiological constraints refer to the organ functions ultimately resulted in the system coordination. Is there any dysfunction of the organs resulted in reduction of sports performance.

- ✓ Lower level of RBC
- ✓ Lower percentage of Hemoglobin
- ✓ Smaller or weaker heart and its circulation
- ✓ Smaller or weaker lungs and its mechanism
- ✓ Dysfunction of organs of endocrine system
- ✓ Greater body fat percentage
- ✓ Dominance of neither of aerobic power or anaerobic power
- ✓ Menstrual disorders

Psychological Constraints

Psychological constraints comprise the behavioural process. It is in which the body and mind coordinates produces the desirous behavioural failure alternately resulted in the reduction of sports performance.

- ✓ Higher level of anxiety
- ✓ Higher level of aggression
- ✓ Lack of self confidence
- ✓ Lack of achievement motivation
- ✓ Lower self-esteem
- ✓ Lack of interest
- ✓ Full of conflict confusion

- ✓ Lack of good thought, word and deed
- ✓ Full of restless mind because of media and cell phone
- ✓ Hesitate to participate during menstrual periods

Social Constraints

Social constraints refer to the behavior in the sports society. While training and competition the relationship with coaches, arena persons, training mates, co-participants, opponents and officials during competition. Is there any undue relationship or misbehaving during in sports society especially love affair results in reduction in sports performance or ultimately termination from sports participation.

- ✓ Present day unsafe women free movement such as ragging, traffic lug & raping
- ✓ Because of robbery of chain snatch
- ✓ Lack unsafe mode of road transport due to more vehicle motor movement
- ✓ Indulging in undue love affair
- ✓ Lack of good parenting
- ✓ Lack of parental peace i.e., lack of support and encouragement from the family

Economical Constraints

Considering the above said all the constraints either any failure or insufficient economic status or no sponsors resulted in the termination from the sports participation.

Secondarily constraints represent the triangular or pyramidal factors. It is in which the non-availability of expert trainers, no sufficient infrastructure and non-availability of sports constraints and gadgets.

In considering infrastructure facilities it refers to the non-availability of area for training or constructed play environment to undergo training.

In considering the trainer, to teach and coach from the basic skills to the advance skills the non-availability of qualified coaches results not to produce better performance and rather from to sports injuries.

For sports the sportsman should wear the sports costumes and certain sports gadgets to prevent injury. As per as the women sports participants is concerned the ought to wear minimum sportswear is preventable in certain religion and unable to purchase the sports gadgets in order to prevent sports injury. This results in not to achieve better performance.

Media

In considering the media, portrayal women or womenism is a barrier to participate in sports.

Conclusions

Women participates in sports help them not only to keep fit but to do activity with ease. Because of the above discussed constraints as barriers the face present day non communicable diseases such as stress, obesity, hypertension, diabetes, hormone dysfunction leads to in activity, unable to accomplish the day-to-day activities prone to injury such as the osteoporosis condition. Hence, they are the producer, maker and servers to the society, the constraints to the eliminated for the betterment of women health. Campaign for all women sports

participation should encouraged from school onwards. Government should conduct the awareness programme for women sports participation.

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