

WOMEN AND SPORTS

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Abstract:

Sport is area where gender inequality is strongly evident. The problem is more sociopsychological than anything else. Today, as we stand at the start of a new millennium it is deplorable that men and women are treated so differently, especially in sport. Women make up 50% of the world's population but they are not given equal opportunities. Men are still considered the better sex than the women. After 1947, we trying to develop a modern nation, with special rights to half of its citizens namely women. Indian women are still trying to establish their own identity. Women in India are still unable to take a stand for themselves.

KEYWORDS:

strongly evident ,equal opportunities , Women and Sports , Physical Fitness .

INTRODUCTION

The situation in the western countries is better but still women are facing very similar problems to ours. America is a very developed nation in the world. But even in the United States, women are victims of gender inequality. They still do not have equal representation as compared to men. Men hold majority of the positions of managers, coaches and sport administrators. It is very important to women to participate in sports and games. Physical Fitness and Sports issued a landmark report, Physical activity and sport in the lives of girls, that confirmed what many coaches, athletes, and parents had long suspected, namely, that sports have innumerable benefits for the girls and women who play them. Participation in physical fitness program benefits the physical (e.g., lower risks of obesity, heart disease, osteoporosis, and other chronic diseases), psychological (e.g., higher self-esteem, better body image, enhanced sense of competence and control, reduced stress and depression), and academic (e.g., better grades, higher standardized test scores, lower risk of dropping out) benefits of sport and physical activity.

Women from upper-income families often face a different situation. They have resources to pay for childcare, domestic help, carryout dinners, and sport participation. They often participate in sport activities by themselves, with friends, or with other family members. They have social networks made up of other women who also have the resources to maintain high levels of sport participation. Women who have grown up in these families often have played sports during and since their childhood and attended schools with good sport programs. They seldom have experienced the same constraints as their lower- income counterparts.

Women have been complaining about the lack of coverage for sport by media since a very long time. This has had a very bad effect on the development of sport. The sad part even in Tennis media pays more attention to the costumes of the women players and their looks than their game. This is today considered to be more interesting. Today's women players are also considered to be more charismatic than today's male Tennis players, who play more like machines. In India the condition is worse. In fact Indian

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WOMEN AND SPORTS

women are winning more medals for the country than men still they hog more lime light than the women players. See this incident, Indian women's Hockey team won a final against the Japanese team fighting against many odds, the same day India's Male Cricket team lost a match to the Australians in Australia (as usual), and this losing team got more coverage than the winning ladies Hockey team.

A society, which does not allow a girl to do something simple as primary education, is unlikely to let her participate in sport without any hurdles. Even before taking part in 400meter hurdles the girl has to pass so many more social hurdles. This project is an attempt to analyze the problems that a girl, who wants to shape her life as a sports woman.

The notion that men and women are .naturally. different has been used for many years to justify the exclusion of women from some or all sports. Many people feel that since women could never equal or surpass men's achievements, there was no apparent reason why women would be allowed to get involved in sport. After all, if sports were primarily about setting records and dominating others, women would always be second class in power and performance sports. Unfortunately, this way of thinking about gender and sports still exists. Many people continue to compare women and men in terms of performance differences and then go on to say that differences will never disappear because men are simply physically superior to women. Of course, most of these people never wonder what kind of physical skills athletes would need if sports had been shaped by the values and experiences of women instead of men. For example, if most sports had been created by and for women, the motto for the Olympic Games would not be *citius, altius, fortius* (faster, higher, stronger); instead, it might be .Balance, Flexibility and Endurance. Or. Physical Excellence for Health and Humanity!

AT LAST THESE ARE SOME CONCLUSION:

1. Indian women players are no less than any women players in the world. They are equally talented and hard working. The problems that they face are much more daunting than the problems faced by the players in the developed countries. Indian players are a very courageous lot.
2. It is very sad but we have to say it, the problems that we have are manmade. They are of the sociological variety. Still we realized that it is not the parents that are not letting girls play but it is the .system of Indian sport that is to blame. The system is not working, as it should. There is a total apathy. People who are running the show of sport in India are to be blamed
3. What they want are good facilities and equipment.
4. They want fair and clean selection procedure.
5. They want good and experienced coaches, especially female coaches.
6. They want good medical support and advice on other related health matters.
7. They want support from families and the people around them.
8. They want job opportunities and job security.
9. They want more competitive opportunities.
10. They want support from the government machinery and the sport federations or some sponsors.
11. Equality is of utmost importance to them. They want equal opportunities to play and to be treated at par with men.
12. Women /girls sports clubs are very rare which restricts girl's participation in sports as parents do not like their daughters to play with boys.

These girls have not stopped at telling their own stories. They have told us what should be done to improve the condition of women.s sport in India. In fact, those girls who are playing Indian games like Kho-kho and Kabaddi say, .we are playing this game because we want this game to become popular, we are fighting for survival.. We can now say that the job that we had undertaken has been completed successfully, though ideally we would have liked to bring in responses from players from all over India. Still we hope that we have managed to put up a case of the Indian girl player.