



## WOMEN IN SPORT: GENDER STEREOTYPES IN THE PAST AND PRESENT

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### ABSTRACT:

Society anticipates that guys and females will receive, put stock in, and satisfy particular sexual orientation parts and generalizations that have been set up. In the western world, guys are relied upon to be solid, free, and athletic, though females are required to be tranquil, faithful, alluring nurturers. Society requests consistence to the upheld sexual orientation arrange. At the point when these sexual orientation standards are disregarded, it is basic for names to be given (i.e. lesbian), inquiries to be asked ("Are you certain that is not a kid in the net?"), and individuals to be criticized ("a young lady playing football – what a butch"). While "customary" sexual orientation generalizations have remained genuinely consistent in the course of recent hundreds of years, they have additionally been tested and gone up against by numerous ladies and women's activists. One particular region in which customary sex generalizations have been assessed and examined, is sports and physical exercises.

**KEYWORDS:** Gender Stereotypes, strong, independent, and athletic.

### INTRODUCTION

Contrasting conventional female sex generalizations and those of the 21st century ladies in sports, plainly female competitors are starting to build up themselves in the games world. Their capacity to challenge sexist hindrances and prohibitive thoughts about ladies' physical appearance, athletic capacity, and cooperation in sports, is clear through their expanded contribution in sports. In any case, it is likewise genuine that customary female generalizations keep on prevailing. In this paper, female athletic generalizations, ladies' affectability to sexual orientation issues in sports, suggestions for expanding female cooperation in games, and individual encounters with sex and games, will be exhibited and talked about in connection to the effect female sex generalizations have on young ladies and ladies who partake in conventional and non-customary games.

Regular Female Stereotypes People are blockaded with sexual introduction speculations from birth until death. Once another kid's sex is revealed, they are wearing either blue or pink, given gifts of trucks and officers or dolls and animals, and suggested as strong and prepared or sensitive and delicate (Malszecki and Cavar, 2005, p.161; Zimmerman and Reaville, 1998, p.41). Activities and thoughts, for example, these are just the first of numerous sex generalizations that another tyke will experience all through their lifetime. Guys are relied upon to show certain attributes and practices that are "manly", while females are considered responsible for being "ladylike". Generally, females have been relied upon to wear dresses, cook and clean, bring up youngsters, keep up an excellent and sensitive body, and stay latent, moral, and immaculate (Griffin, 1998; Sherrow, 1996; Woolum, 1998; Zimmerman and Reavill, 1998). Esteemed to be the "weaker sex"- physically, rationally, and

inwardly, ladies have been stereotyped as being female. Gentility, as indicated by Sherrow (1996), is the issue of what is female in appearance and conduct (i.e. being appealing, precisely prepared, resigned, supporting ladies). At the point when the standard of womanliness is connected, females are relied upon to satisfy these particular sexual orientation parts that are held by the two men and ladies in standard society. This desire of gentility frequently brings about ladies being prevented from lifting weights, sweating, snorting, being forceful, taking an interest and contending in sports and physical exercises. The primary purpose behind this is on account of society anticipates that ladies will be "refined", not exhibit attributes that are characterized as being manly. Nonetheless, when ladies do "go too far" and display these alleged "masculine attributes", their sex personality, sexual introduction, qualities, and social parts are frequently addressed (Griffin, 1998). Negative marks of shame are frequently joined to athletic ladies, and thusly are utilized as a component to control and farthest point ladies' investment in sports.

### **FEMALE ATHLETIC STEREOTYPES: PAST AND PRESENT**

Games and sports have customarily been limited to and connected with guys, manliness, and the "masculine area". In their works, Woolum (1998) and Sherrow (1996) take after this case and highlight how sports have, after some time, delivered for ladies. They call attention to that for a critical long time, amusements, rivalry, quality, and social occasion sportsmanship have been respected sensible characteristics inside the "manly range". As requirements be, different young ladies and ladies abstained from partaking in sports. It was not until the point that the mid 1800's that women begun to continue running with their male relatives to specific wearing events, (for instance, horse races and ball games) and recognize smooth exercise, for instance, moving and ice-skating. At that point, after the Civil War in the late 1800's, ladies were at last given the chance to take an interest in composed games. Golf, arrow based weaponry, and croquet, were the main games to pick up acknowledgment among ladies since they didn't include physical contact or strain. Since sweating, physical contact, and rivalry were not socially worthy "refined" practices, ladies' physical amusement exercises and openings were restricted. Besides, ladies were required to secure their conceptive frameworks, and exercises, for example, these, enabled ladies to "play securely" (Sherrow, 1996; Woolum, 1998). Prior to the finish of the nineteenth century, the development of the bike started to reform ladies and their investment in physical exercises. It is in the midst of this time women grasped a more freed style of dress (they set aside their huge hooped dresses as a byproduct of "pants" - wide pants that fit underneath a loose dress) so they could value cycling, and diverse activities, for instance, horseback riding, vaulting, and skating. This genuine change not simply empowered women to consider looking for after games (i.e. collaboration in ball, baseball, olympic style occasions), yet it moreover liberated them in various regions, for instance, garments, parts, and reasons for living (Sherrow, 1996).

### **WOMEN'S SENSITIVITY TO GENDER ISSUES IN SPORTS**

Society has been "readied" to consider wears with respect to "genderedness". Men are asked and taught to share in strenuous, powerful, forceful gathering exercises, while women are usually controlled toward individual elegantly fulfilling works out, for instance, aerobatic, figure skating, and synchronized swimming (Schmalz and Kersetter, 2006). Isolating games along manly and ladylike lines urges and enables ladies to acknowledge physical limits that have been put on them (Birell, 1998 as referred to in McClung and Blinde, 2002). In this way, ladies can be hesitant to break free of customary sexual orientation generalizations.

### **PERSONAL EXPERIENCES WITH GENDER AND SPORTS**

I started taking an interest in the game at 3 years old, and finished my focused vocation at 18 years old. I was a solid and intense tumbler who did well on the vault and bars, yet had more challenges with the elegant moving parts of the adjust bar and floor work out. To me, my bigger, strong body outline emerged among most different gymnasts who were petite and effortless. In any case, this did not prevent me from seeking after the game I adored. Before doing this paper, I never pondered tumbling being a customarily female game. I knew Nadia Comaneci upset the game after the 1976 Olympics in Montreal. I knew it concentrates on and highlights

the tasteful qualities of females.

I additionally realized that vaulting was for the most part an individualized game. However, what I have gained from doing this paper is that aerobic is regarded a female game to a great extent since it needs vis-à-vis rivalry and unmistakable animosity. Despite the fact that it consolidates quality and adaptability with elegance and power, the tasteful nature of the game sex sorts it as being predominately ladylike. Nonetheless, with the astounding abilities and quality male gymnasts illustrate, I see that this game sex-writing is starting to change. Conduct and support in the game is by all accounts increasingly sexually impartial, in this manner empowering the two guys and females to partake in acrobatic in light of the fact that it gives great quality and adaptability basics for young ladies and young men future games association.

## CONCLUSION

Generally, young ladies, ladies, and womanliness have been characterized in connection and complexity to men and manliness. Games and the games world have been tied with the manly area, and there has been an inheritance of inclination against the female competitor. In the previous couple of decades, this pattern has been defied and tested. Young ladies and ladies have "handled" thin, negative, and constraining ideas and thoughts that they ought not take an interest in sports, sweat, indicate hostility, or contend, and started to incorporate physical quality and athletic ability in the meaning of womanliness. Thus, conventional generalizations for females have gradually been changing and developing. This will probably proceed once young ladies and ladies quit feeling that they have to pick amongst games and gentility. While there is as yet far to go, females can clearly break free of conventional generalizations.

## RESOURCES

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