



ISSN: 2456-0057

IJPNPE 2017; 2(2): 2045-2050

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www.journalofsports.com

Received: 19-05-2017

Accepted: 27-06-2017

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Women participation in games and sports with multi-dimensional hindrance: Evidence from Manipuri Meitei-Pangal Women of India

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Abstract

The participation of women in the field of sports gradually increased all over the world. But there is still a controversy regarding to it, since the degree of participation varies from place to place and region to region. For instance, in the context of Meitei-Pangal community, it is still being an ambivalence. Meitei-Pangal is a Muslim community of North-eastern state of Manipur, India. The study is based on the primary Survey, 50 female Meitei-Pangal women students from various colleges of Manipur who are pursuing higher studies were selected as a subject for the present study. This study attempts to find out the influence of parental attitude, community environment attitude, tradition, attire and personal attitudes towards the participation in game and sports. The subjects selected for the study were those who have not participated in sports. To ease the study, the investigator applied Women Sports Problem Inventory (WOSPI) while collecting the data. Four points Linkert Scale has been used for data analysis. The paper reveals the parental attitudes to be the most influential constraint comparatively to the community, tradition and personal constraint.

Keywords: Meitei-Pangal, Sports, Psychosocial, Constraint, Opinion Questionnaire Inventory

1. Introduction

Though, female participation in sports has come a long way. In 21st century the struggle of women for participation seems an old tale. But women continued to be poorly represented in sports as participants, coaches and different sports related activities on and off the sports field like sports administration, framing and implementation of policies regarding sports like any other field and in almost every country and society. However, attitude regarding girls' sports participation is changing a lot more. Many women from different country start participating in Games and sports.

In Indian context, women start participating from the post independent. One of the states of India (Manipur) is already known as the power house of sports (Devi, L. R. 2020) [1]. It is a place habited by different ethnic communities which create a questionable situation to the above statement. As a result of the variation happens in the degree of participation and encouragement given in the field of sports by the communities. For instance, one of the community, Meitei-Pangal community has lesser participants as compare with other community of Manipur caused due to the societal restriction imposed on them. Efforts are still required to generate greater female participation. Still there are more girls who do not participate in sports than those who do participate. Gender equality and the right to participates in games play an important role in facilitating positive and healthier lifestyles as a whole for nation and society.

Purpose of the Study

The main purpose of the study was to explore the factors of lesser participation of Manipuri Meitei-Pangal Women in Games and Sports.

2. Objective of the study

- To find out the parent attitude towards their daughters' participation in games and sports.
- To find out whether Community environment provide needed support for Meitei-Pangal

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- women's participation in games and sports.
- iii. To find out whether Traditions and customs encourage Meitei-Pangal women to take part in sports and games.
- iv. To find out whether Meitei-Pangal Women might have low self -concept in sports and games.

3. Methodology

The purpose of the study was to find out the factors which are obstructing Manipuri Meitei-Pangal women from participating in games and sports in Manipur, so that a standard program for their participation in sports can be planned in future. To administer the study 50 female Meitei-Pangal women students from various colleges of Manipur who are pursuing higher studies were selected. The subjects selected for the study were those who have not participated in sports. To facilitate the study, the investigator was confined himself to the survey method based on Women Sports Problem Inventory (WOSPI) as an important tool for the collection of data.

3.1 Method of data Collection

The data pertaining to this study were collected from the subject by visiting their respective Colleges during the college hours with due permission from their respective Principals. It was collected by using the WOSPI Questionnaire (Appendix-II) which contained statements of psycho-social constraints of women participation in sports was developed and used by Nalluri Srinivasa Rao and his Guide namely P. Chinnappa Reddy of Sri Krishnadevaraya University.

A WOSPI consisting of 40 statements dealt with four dimensions, namely, parental, community, traditions and customs and personal factors. Each dimension had equal statements of ten each. All the statements were to be responded by putting a tick mark as the chosen response on a

four- point scale. The personal information blank was to be responded in filling the blanks and ticking the appropriate column. Utmost care was taken to frame the women sports problem inventory according to the specification.

3.2 Method of data analysis

As per the developer had used, it was decided to use Likert Scale "with only four options removing neutral". Likert scale is found helpful in estimating the strength of feeling.

According to Husen and Postlewaite, original Likert scale contained five response options ranging from 'strongly agree' to 'strongly disagree' Two, three, four, five, six and seven response options have been used on subsequent scales. The use of an odd number of response options reflects the concern on the part of scale designers and respondents might use the 'not sure' response option to avoid moving a real choice with an even number of response options, the respondents are 'forced' to choose between 'favourable' and 'unfavourable' responses to the attitude object.

The final format of the scale is given below Scoring was done as follows:

A Score of 3 was assigned to 'definitely true'. A Score of 2 was assigned to 'mostly true'. A Score of 1 was assigned to 'mostly false' A Score of 0 was assigned to 'definitely false'

4. Result and discussion

The findings and discussion on the factors of lesser participation of Manipuri Meitei-Pangal Women in Games & Sports have been presented dimensional wise as follows.

i) Parental Constraints

The following table denotes the response and analysis of parental Constraints on Women Participation in Games and Sports.

Table 1: The response and analysis of parental Constraints on Women Participation in Games and Sports

Parental Constraints									
Statement No.	No of Subjects	%of True Response	Definitely True	Mostly True	Mostly False	Definitely False	% of False Response	Mean Value of Each Statement*	Average Mean Value*
1	50	92%	23	23	2	2	8%	2.34	2.074
2	50	76%	18	20	8	4	24%	2.04	
3	50	80%	24	16	4	6	20%	2.16	
4	50	74%	7	30	8	5	26%	1.78	
5	50	82%	15	26	9	0	18%	2.12	
6	50	82%	23	18	7	2	18%	2.24	
7	50	90%	26	19	2	3	10%	2.34	
8	50	74%	16	21	8	5	26%	1.96	
9	50	78%	17	22	6	5	22%	2.02	
10	50	62%	10	21	15	4	38%	1.74	

* Mean Value is calculated by assigning the response with Likert scale i.e. 3-Definitely True, 2-Mostly True, 1-Mostly False & 0-Definitely False

The first ten statements mentioned in Table 1 are related to Parental dimensional constraints.

From the analysis of the responses to each with the help of percentage & mean, it was found that the Average Mean Value of the parental constraints was 2.074 against the 3 Point Scale. It revealed that the majority of the respondents expressed favourable opinion towards the parental constraints. The present analysis leads the researcher to conclude that the parents of the respondents have negative attitude towards their daughter's participation in sports and games. It can be safely

concluded that parental constraints are prohibiting Manipuri Meitei-Pangal Women's participation in games and sports.

ii) Community Environmental Constraints

Community Environmental Constraints is the sociological aspect or perception of society towards Women Participation in Games and Sports. The following table indicates the response and analysis of the Community Environmental Constraints

Table 2: Table indicates the response and analysis of the Community Environmental Constraints

Community Environmental Constraints									
Statement No.	No of Subjects	% of True Response	Definitely True	Mostly True	Mostly False	Definitely False	% of False Response	Mean Value of Each Statement*	Average Mean Value*
11	50	92%	19	27	3	1	8%	2.26	1.892
12	50	82%	20	21	5	4	18%	2.14	
13	50	94%	26	21	0	3	6%	2.4	
14	50	58%	14	15	14	7	42%	1.72	
15	50	56%	9	19	11	11	44%	1.52	
16	50	64%	10	22	8	10	36%	1.64	
17	50	84%	19	23	5	3	16%	2.16	
18	50	76%	13	25	10	2	24%	1.96	
19	50	62%	8	23	10	9	38%	1.6	
20	50	56%	9	19	11	11	44%	1.52	

* Mean Value is calculated by assigning the response with Likert scale i.e. **3**-Definitely True, **2**-Mostly True, **1**-Mostly False & **0**-Definitely False

The ten statements mentioned in Table 2 are related to Community Environmental constraints.

From the analysis of the responses to each statement with the help of percentage & mean, it was found that the Average Mean Value of the community environmental constraints was 1.892 against the 3 Point Scale. It reveals that the majority of the respondents expressed favourable opinion towards the community environmental constraints.

It is clear from the results obtained as mentioned in Table 2

that the community does not encourage Manipuri Meitei-Pangal women's participation in sports and games and it has been a stumbling block in preventing Manipuri Meitei-Pangal women's participation in games and sports.

iii) Traditional & Customary Constraints

Tradition and Customary Constraints is the religious perception which hinders Women from participating in Games and Sports.

Table 3: Traditional & Customary Constraints

Traditional & Customary Constraints									
Statement No.	No of Subjects	% of True Response	Definitely True	Mostly True	Mostly False	Definitely False	% of False Response	Mean Value of Each Statement*	Average Mean Value*
21	50	74%	18	19	6	7	26%	2	1.562
22	50	66%	19	14	9	8	34%	1.9	
23	50	64%	12	20	15	13	36%	1.44	
24	50	30%	6	9	12	23	70%	0.96	
25	50	34%	13	4	15	18	66%	1.24	
26	50	66%	15	18	8	9	34%	1.78	
27	50	32%	8	8	24	10	68%	1.28	
28	50	42%	7	14	14	15	58%	1.26	
29	50	60%	16	14	13	7	40%	1.78	
30	50	84%	13	29	2	6	16%	1.98	

* Mean Value is calculated by assigning the response with Likert scale i.e. **3**-Definitely True, **2**-Mostly True, **1**-Mostly False & **0**-Definitely False

The ten statements mentioned in Table 3 are related to Traditional & Customary dimensional constraints.

From the analysis of the responses to each statement with the help of percentage & mean, it was found that the Average Mean Value of the traditional and customary constraints was 1.562 against the 3 Point Scale. It reveals that the majority of the respondents expressed favourable opinion towards the traditional and customary constraints.

This leads the researcher to conclude that traditional and customary are considered as constraints by the respondents

regarding Manipuri Meitei-Pangal women's participation in games and sports which includes religious beliefs, early marriage, concern of women's moral safety and traditional inequality.

iv) Personal Constraints

Personal Constraint are the individual perception which hinders them from participating in Games and Sports because of low self-esteem.

Table 4: Personal Factor

Personal Factor									
Statement No.	No of Subjects	% of True Response	Definitely True	Mostly True	Mostly False	Definitely False	% of False Response	Mean Value of Each Statement*	Average Mean Value*
31	50	64%	10	22	9	9	36%	1.66	1.45
32	50	72%	21	15	6	8	28%	1.98	
33	50	26%	0	13	10	27	74%	0.72	
34	50	36%	12	6	10	22	64%	1.16	
35	50	60%	14	16	7	13	40%	1.62	
36	50	40%	6	14	16	14	60%	1.24	
37	50	42%	7	14	13	16	58%	1.24	
38	50	38%	8	11	12	19	62%	1.16	
39	50	76%	17	21	4	8	24%	1.96	
40	50	58%	13	16	17	4	42%	1.76	

* Mean Value is calculated by assigning the response with Likert scale i.e. **3-Definitely True, 2-Mostly True, 1-Mostly False & 0-Definitely False**

The ten statements mentioned in Table 4 are related to Personal dimensional constraints.

From the analysis of the responses to each statement with the help of percentage & mean, it was found that the Average Mean Value of the personal constraints was 1.45 against the 3 Point Scale. It reveals that the majority of the respondents expressed unfavourable opinion towards the personal constraints.

This leads the researcher to conclude that personal factors are not at all considered as constraints by the respondents regarding Manipuri Meitei-Pangal women's participation in games and sports.

The statements numbered 31, 32, 35, 39 and 40 in the Table 4 reveal that the major constraints felt by the majority respondents were burden of academic workload, women's lack of interest in sports and hesitation to wear sports uniform.

Mean Difference of Dimensional Constraints

Table 5(i): Mean Difference of Dimensional Constraints

	Sum of Squares	DF	Mean Square	F	Sig.
Between Groups	2.504	3	.835	7.315	.001
Within Groups	4.107	36	.114		
Total	6.611	39			

Level of Significance = 0.05

In Table 5(i), the F-value is found as 7.315 which is significant as the P-value is 0.001 which is less than 0.05. Thus, the null hypothesis of no difference in dimensional constraints in relation to constraints of Manipuri Meitei-Pangal women's participation in games & sports is rejected and this leads the researcher to conclude that there is a significant difference in dimensional wise constraints in relation to Manipuri Meitei-Pangal women's participation in games & sports.

Table 5(ii): Mean Difference of Dimensional Constraints

Dimension of Constraints	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Min.	Max.
					Lower Bound	Upper Bound		
Parental	10	2.0740	.20914	.06613	1.9244	2.2236	1.74	2.34
Community Environment	10	1.8920	.33109	.10470	1.6552	2.1288	1.52	2.40
Traditional & Customary	10	1.5620	.36932	.11679	1.2978	1.8262	.96	2.00
Personal	10	1.4500	.40817	.12907	1.1580	1.7420	.72	1.98
Total	40	1.7445	.41171	.06510	1.6128	1.8762	.72	2.40

From the analysis of Table 5(ii), the mean value of the Parental dimensional constraints i.e 2.07 against the 3 points Likert Scale is greater than each of the mean value of other dimensional constraints. Thus, it can be concluded that Manipuri Meitei-Pangal women are deprived of participation

in games & sports mainly due to direct or indirect constraints of the parents, community and tradition but not by the personal reasons as the Average Mean value of personal constraints (i.e 1.45) is less than the median value 1.5 of the 3 points Likert scale.

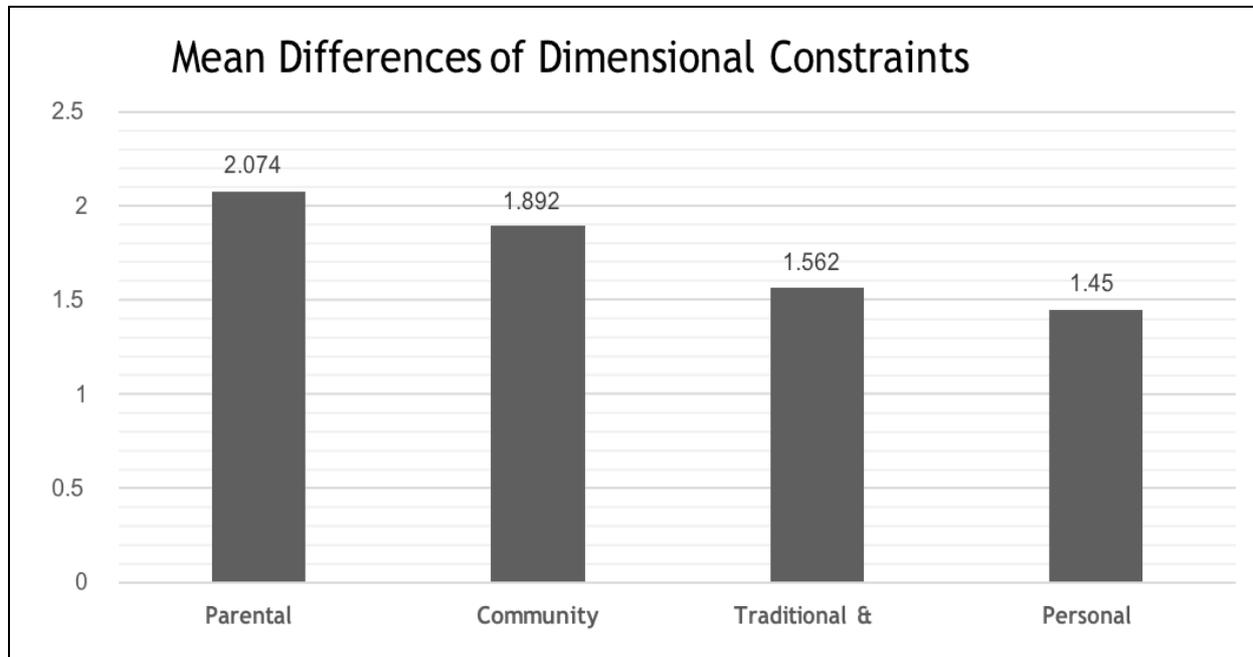


Fig 1: shows the graphical representation for the mean differences of dimensional constraints of Manipuri Meitei-Pangal women's participation in games and sports.

5. Summary

The purpose of this study was to find out those factors which are obstructing Manipuri Meitei-Pangal women from participation in games and sports so that a realistic standard programme for their participation in sports can be planned in future.

For this purpose, the researcher purposively selected 50 students from different colleges of Manipur. Their age range varied from 18 to 24 years. The data of detailed information collected through Women Sports Problem Inventory (WOSPI) were presented in the previous chapter. The obtained data were statistically analysed and interpreted along with calculations of percentages, mean and one-way analysis of variance (ANOVA). The levels of significance were set at 0.05 level. Further, the study also made it clear that the family, community and traditions very much influenced Manipuri Meitei-Pangal women's involvement in games and sports.

6. Conclusions

There had been a lack of encouragement from the parents and family members. The lack of sports awareness among the parents obstructed Manipuri Meitei-Pangal women's participation in games and sports. The religious beliefs and traditional way of living were a big hurdle for Manipuri Meitei-Pangal women in taking part in games and sports. Traditional inequality was also a major concern in women's sports participation. The misconception prevailing among the masses that sports participation would make women lose their femininity & moral image. There was also a lack of interest regarding sports participation among the Manipuri Meitei-Pangal women as they felt shy and odd in wearing sports uniform.

7. Recommendations

The following recommendations have been derived from this study:

- i. Parental education can be organised in order to emphasise the need for removing the baseless fears of the parents over the women's participation in sports &

games.

- ii. The existing system of education can be modified in such a way that physical education is given equal importance like any other subjects in the curriculum. It will improve the sports awareness among the masses of the society.
- iii. Women should be duly motivated and properly encouraged to take part in games and sports by all sections of the society.
- iv. By regularly screening video-films in television on the enthusiastic participation and performance by the women, would help to shed off their inhibitions to participate in sports and games.
- v. Equality of opportunity in all walks of life must be attempted so that the women can come out to participate in sports.
- vi. Involvement of various women's organisations can contribute immensely for the development and for larger participation of women in sports and games.

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