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Participation of women in sports as related to their parental sports participation

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Abstract

The purpose of the qualitative study was to investigate the relationship of parental attitude and their daughter's participations in sports. A sample of three hundred and fifty parents of sports women who were the students of various colleges of Union Territory of Chandigarh and must have participated at least at District or College level of sports. The subjects and their parents were administered a self-constructed questionnaire for family sports environment used by Cratty (1959, 1973) was administered to the subjects. When Pearson Product movement correlation method was applied to find out the relationship of family sports environment and the participation of women's sports participation are highly significant ($r=0.445$) at 0.01 level of confidence. It was further analyzed that father's sports participation ($r=0.227$, $p<0.01$) and position ($r=0.204$, $p<0.01$), mother's sports position (0.112 , $p<0.05$) at any level, were highly correlated with their daughter's sports participation and position, as the computed value are greater than the required values of ($r = 0.105^*$ and $r = 138^{**}$) to be significant at five percent level of confidence and at one percent level of confidence respectively. When Chi-Square method was applied to find out the relationship of the taken variables with women's sports participation, the frequencies exhibiting the results pointed towards the positive side of scale that positive contribution by the parents can liberate their daughters in sports.

Keywords: Women, sports, participation, daughters, family, environment, discrimination

Introduction

The future is of genetic engineering but we are still compelling the reasons for discouraging female's sports participation, even after the passing of act Title-IX of equal opportunity law and civil rights. No doubt the modernization, advancement and Government policies encouraged female to come out of their family frame-work to participate in sports. Still their sports participation remained in fringe. Question rises why? The answer lies deeply rooted in our culture and traditions. It is not enough to simply open up the doors by providing the opportunities but also to explore socio-cultural aspects that boost female sports participation. In this regard the present study was conducted to find out the immediate boosting force that is family. Family is beautiful framework in which the parents, children and other relatives live with love, care, and affection. It is the place where emotional security and warm relationship takes place. Understanding influences on sports participation is important and the family environment is considered key, however few studies have explored the mechanisms by which the family environment influences children's sport participation. Parents transmit the attitudes and values of physical activity in general and participation in specific sports in particular. (Blazes, 1975) Child imitates the surrounding that surrounds consciously or sub-consciously. These are 'Kinesics Signs' that child catches from his parents and incorporate into his own movement repertoire. (Malumberg, 1993) ^[9]. A child imitates the surrounding that surrounds consciously or sub-consciously. These are 'Kinesics Signs' that child catches from his parents and incorporate into his own movement repertoire. (Malumberg, 1993) ^[9]. Krahnstoever (2003), suggested that mothers and fathers can play an important role in promoting the physical and emotional well-being of their daughters by encouraging them to be physically active. Alderman (1974), "even genetically speaking the questions are difficult to answer from actual movement of conception, rather than birth environmental factors starts to operate and interact with genetic inheritance relived from each parent." He also had the opinion that parents with athletic interest and attitude have significant effect on family environment

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in which the child grows and develop this way, either consciously or subconsciously, it orients them towards the athletic life. Golan (2006) advocated that the family is considered the most important setting for shaping children's physical activity. Parental physical activity through modelling of physical activity or sport (Kalakanis, 2013; Davison, 2003; Cleland, 2011; Bradley, 2011) [3, 2, 1]. In a more comprehensive study, van der Horst *et al.* (2010) found that associations between equipment at home, family physical activity rules and parental sports participation and sports participation among adolescents were partly mediated by attitude and intention, with direct effects also noted for equipment at home and parental sports participation.

Objective of the study

To find out the relationship of parental sports participation and their daughter's participation in sports.

Hypothesis

It was hypothesized that there would be significant

relationship between parental sports participation and their daughter's sports participation.

Design of the study

Three hundred and fifty college sportswomen and their parents were randomly (systematic) selected as the subjects for the study. They were divided in four groups according to their sports participation level viz. district level, state level, National level and International level. The subjects and their parents were administered a self-constructed questionnaire for their identification specifically for their own level of sports participation, position in sports. Another A self-constructed questionnaire for family sports environment used by Cratty (1959, 1973) was administered to the subjects.

Statistical Technique

Pearson-product moment correlation method was computed to find out the statistical relationship among participation and the other variables taken in the study.

Table 1: Inter Correlation Matrix of Various Variables Related to Participation of Female in Sports

| S. No. | Variables | SsPa | S'sPo | F's Ps | Ps Po | M's Pa | M's Po | FSE |
|--------|----------------------------|-------|--------|--------|--------|--------|--------|----------|
| 1 | Subjects Participation | 1.000 | 0.230" | 0.227" | 0.204" | 0.089 | 0.069 | 0.443' • |
| 2 | SubjtrISP06b011 | | 1600 | 0.279" | 0.273" | 0.112 | 0.063 | 0.446" |
| 3 | FIssr's PaticIpstion | | | 1.000 | 0.€37• | 0.102 | 0.104 | 0.265' • |
| 4 | Fther's Position | | | | 1.000 | 0.110 | 0.103 | 0.230" |
| 5 | Mother's Participation | | | | | 1200 | 0.715" | 0.221" |
| 6 | Moths Position | | | | | | LOCO | 0.121` |
| 7 | Fani ly qoorte Environment | | | | | | | 1.000 |

Significant Values: 0.05=105•, 0-01=0-138**

Ss Pa =Subjects participation

Ss Po =Subjects position

F\$ Pa =Subjects participation

F Pa =Subjects participation

MS Pa =Subjects participation

M's Pa =Subjects participation

FSE = Family Sports Environment

The above table clearly shows that family sports environment and the participation of women's sports participation are highly significant (r=0.445) at 0.01 level of confidence. It was further analyzed that father's sports participation (r=0.227, p<0.01) and position (r=0.204, p<0.01), mother's sports position (0.112, p<0.05) at any level, were highly correlated with their daughter's sports participation and position, as the computed value are greater than the required values of (r =

0.105* and r =138**) to be significant at five percent level of confidence and at one percent level of confidence respectively.

When Chi-Square method was applied to find out the relationship of the taken variables with women's sports participation, the frequencies exhibiting the results pointed towards the positive side of scale.

Table 2: Frequency, Percentage and Chi- Square Values of Family Sports Environment in relation to Daughter's Sports Participation

| S. No | Subject' FSE Level | | CL | DL | | NL | TOTAL |
|-------|--------------------|---|-------|-------|-------|-------|-------|
| 1 | Fir Family | F | 54 | 14 | 27 | 29 | 124 |
| | | % | 15.43 | 04.00 | 07.71 | 08.29 | 35.43 |
| 2 | Good Family | F | 07 | 07 | 29 | 67 | 120 |
| | | % | 02.00 | 02.00 | 08.29 | 19.14 | 34.29 |
| 3 | Exo11t Fmi ly | F | 05 | 08 | 21 | 72 | 106 |
| | | % | 01.43 | 02.29 | 06.00 | 20.57 | 30.28 |
| | IOTAL | F | 66 | 92 | 77 | 168 | 350 |
| | | % | 21.71 | 08.21 | 22.00 | 48.00 | 100 |

Significant Values, 0.05=12.59, 0.01=16.81, df. =6, X2 =73.20

F= Frequency, % = percentage, CL =College Level, DL =Distnt Level,

SL State Level, NL =Naonal Level

Table 3: Frequency, Percentage and Chi- Square Values of Father's Sports Participation in relation to His Daughter's Sports Participation

| S. No | Father's Partidpatie Level | | CL | DL | S | NL | TOTAL |
|-------|----------------------------|---|-------|-------|-------|-------|-------|
| 1 | Non-Participant's | F | 48 | 09 | 39 | 68 | 168 |
| | | % | 13.71 | 2.57 | 11.14 | 19.43 | 46.86 |
| 2. | College | F | 15 | 03 | 10 | 15 | 43 |
| | | % | 04.29 | 0.86 | 02.26 | 04.29 | 12.29 |
| 3. | District | F | 04 | 06 | 09 | 14 | 33 |
| | | % | 01.14 | 01.71 | 02.57 | 03.71 | 9.43 |
| 4. | State | F | 06 | 08 | 14 | 48 | 76 |
| | | % | 1.71 | 2.29 | 4.00 | 14.00 | 21.71 |
| 5. | National | F | 03 | 03 | 05 | 23 | 34 |
| | | % | 0.86 | 0.86 | 1.43 | 6.57 | 9.71 |
| Total | | F | 76 | 29 | 77 | 168 | 350 |
| | | % | 21.71 | 8.29 | 22.00 | 48.00 | 100 |

Significant Values. 0.0521.03. 0.0126.22. df. 12. $X^2 = 0.01 = 36.92$

F= Frequency. % = percentage. CL=College Level. DL=Disthct Level.

SL=State Level. NL=National Level

Family sports environment is highly co-related ($X^2 = 73.20$, $p < .01$, $df = 6 = 16.81$) with women's participation in sports. Father's sports participation and position were found highly correlated with their daughter's sports participation and position ($X^2 = 36.92$, $35.4 p < .01$, $df = 12 = 26.22$) mother's position and her daughter's sports participation, the results were ($X^2 = 23.62 p < .05$, $df = 12 = 21.03$).

Conclusion

Though the transformation, progression and Government strategies have encouraged women to come out of their 'Dehleez' (family frame work) to participate in sports but it is not enough to simply open up the doors by providing the amenities. Majority of women still do not 'come on in' to participate in sports. The reason is no doubt composite and cruxes on many inter-related factors relating to personal requirements, motives and enticements, but main reason lies in the roots of parent-child relationship or we can say, it is directly related with family sports environment and parental attitude.

The statistical analysis of the present status clearly has showed that the greater the warmth and nurture provided by the parents, the greater the likelihood of their being used as role models and greater the offspring's need to achieve, the greater the propensity for the sports participation in family environment that considered sports to be an important fact in women's life. The present results are in line with the findings of Mc Pherson (1968) [10], Mulumphy (1970) [11], Roheberg *et al.* (1970) [13] Greendorfer and Lewko (1977) [6], Malumberg (1993) [9], Maia *et al.* (2003) [8]; Kalakanis 2013; Davison, 2003 [3]; Cleland, 2011 [2]; Bradley (2011) [1]. Thus, family-based physical activity interventions that focus on enhancing the family environment to support children's sport participation are warranted.

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