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Barriers to sports participation for women

Dr. Ishwar Singh Malik and Dr. Meenu

Abstract

Girls and women have particular hurdles when it comes to participating in sports all across the world. These are personal, practical, economic, political, and cultural problems. The lack of a private location where girls can compete without being seen by men is a barrier in Pakistan. In Zimbabwe, girls are expected to dance, whereas men are encouraged to play football. Leaders must first be aware of the hurdles in order to build an effective athletics programme for girls. Understanding potential roadblocks leads to the creation of beneficial, long-term solutions. Going out into the community and asking parents and leaders their thoughts on girls playing sports is the most crucial step in learning the challenges that girls encounter in a specific region. The issues that Women Win partner organizations encounter are listed below. This is especially true in the sports industry. It has been dominated and reserved for men for far too long, with the argument that "women aren't really into sports that much anyhow." When I was studying journalism, I remember attending a sports writing session where, coincidentally, the male side had a larger show of hands that day. The quick 'duh' that rang through the class the moment the speaker said it out loud astounded me. When my closest buddies saw my outraged gaze, they shrugged and said something along the lines of "everyone knows females don't get sports," which launched the greatest guys vs. girls discussion ever conducted in that frigid corner of the world.

Keywords: Barriers, women, sports, social and physical

Introduction

Even if we live in the twenty-first century and have developed the technology to oversee robots that do our bidding, there is still one area where we lag behind in terms of progress: gender equality. Regardless of how much we rant, the truth is that, while the world has progressed three inches since the World Wars, society has remained anchored to the spot in certain ways because the thought that a woman may equal a man is an anathema to many. Women are forced to confront the barrels of sexism on a daily basis, whether at work or at home. We are watched and criticized based on how we look, how we speak, how many cuss words we know, and even how many drinks we consume at a social gathering. Despite the fact that women are now embracing and demanding their social rights in both virtual and physical environments, the truth is that women still do not receive the same level of respect or acknowledgment in the workplace as their smug male counterparts.

Barriers

1. The first barrier that female athletes face is that they are paid half as much as their male counterparts

In any sport, the earnings of male and female competitors are vastly different. This is true even when it comes to prize money. Consider the sport of football. The reward money for the male FIFA World Cup winners would be around \$35–50 million ([link to this article](#)), while the prize money for the female FIFA World Cup champions would be roughly \$2 million ([link to this article is here](#)). You don't have to be a math genius to figure out that the men's team receives nearly \$33 million more than the women's squad, even at the lowest levels.

2. The second consideration is representation

We memorise the biographies of the Indian cricket team members. We know their relatives as if they were our own, read all the gossip articles about them, and know how many runs they scored or how many wickets they took in every major match.

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What about their female counterparts, though? We don't even know their names, let alone when they play a match. Why aren't they named after an IPL team? Rather than confronting these pressing concerns, society attempts to publicly shame these aspiring athletes. The humiliation meted out to Dutee Chand, who was to be the first Indian woman to fly in 36 years, was one instance that made the news. Aside from the fact that a female athlete's possibilities of a consistent income in India appear slim, there is also the concern of job stability. Due to the limited money available to teams and organizations for training and equipment, female athletes are frequently forced to work a second job to supplement their income. As a result, they are unable to dedicate 100 percent to their training and sport, and are frequently forced to withdraw from the event.

3. Added pressure layers

According to Divya Jain, a sports psychologist from Fortis Healthcare, there are two parts to improving mental health in athletes: performance on the field and well-being (addressing stress and disorders) off the field. While both men and women engage in journaling and visualization, off-field pressures may differ.

4. The complexities of women's sports Players

Have discussed the reactions to her choice to take a break in Clubhouse talks, citing her female, youth, and blackness, allowing for deeper, more complex discussions. Consider the question of what to wear to athletic events. Karan Singh, who founded the Indian Track Foundation three years ago, has four female athletes in his elite team of ten trainees (handpicked from across Jharkhand's interiors). The girls received Adidas gear earlier this year, giving them access to sports bras and shorts worn at international track and field championships. He adds of his ward, "These clothing are shorter and more snug than what Aakancha (Kerketta, 16) is comfortable wearing."

5. About mental safety

Just like a physical injury, a mental one too needs more than just first aid. A sports psychologist at Jamshedpur, talks of a young woman who came to him two years after she had been raped in her early teens, by fellow senior male players. "She came with anxiety, and after three or four sessions on a phone consultation, she revealed she had been raped," he says. But a girl doesn't have to be sexually abused to feel insecure. And it's not just about putting up a CCTV camera, says Gayatri Vartak Madkekar, a sports psychologist who played badminton on the international circuit. "An athlete travelling alone must feel safe. There are overt ideas of safety, but there is also the mental angle," says Madkekar who brought out a free mental safety handbook at her organisation, Samiksha. She adds that having a woman mentor, someone who has gone through a particular experience, will help young players.

6. Media matters

What appears in the press also has a bearing on the mind. Sprinter Dutee Chand says reporters will pit her against Hima Das in sensational headlines, speculate in print or in a video about why she sold a car, and will take a quote out of context. Despite all the media coverage, a BBC survey last year, 50% of those surveyed in India (10,181 across 14 states) could not name even one sportswoman. Up to 42% felt that women's sports were not as 'entertaining' as men's. Former Indian sprinter P T Usha, who runs the Usha School of Athletics,

says, "I insist on those coaching with me not meeting media persons before an event. During post-track media meets, I tell them to take only questions concerning basic personal information and the day's performance and not indulge in any kind of speculation." Supporting women in sports will bolster mental health, but this will need institutions, individuals, and society to come together. As Behera says, "I want to be known as a footballer; not a woman football player."

7. Appropriate Sport Clothing

Many societies place restrictions on what constitutes suitable female dress. In religious and tradition-bound civilizations, modest dress is frequently expected...

8. Fields and Equipment

There are insufficient spaces to engage in sport in economically disadvantaged groups, particularly in urban regions. The dilemma of inadequate resources is exacerbated by the...

9. Financial Constraints

Equipment, transportation, and competition costs might be prohibitively expensive for economically disadvantaged girls and their families. Additionally, Scheduling Girls, particularly those from low-income families, are frequently entrusted with household duties such as child care, chores, cooking, and cleaning.

10. Religion

Conservative society and institutions have been known to utilize religion to keep women out of sports. These religious organizations in society misuse or distort. Few girls have never been concerned about their personal safety. Around the world, in both urban and rural areas

11. Misconceptions and Prejudices

Sport is seen as a male realm in many cultures.

Girls are typically prevented from participating in sports, despite a growth in female athletes at all levels, from grassroots activities to the Olympic Games.

12. Personality

A girl's body image and relationship with it can influence whether or not she feels confident or comfortable enough to participate in sports.

Conclusion

The most important perceived barriers to participate in physical and sports activities among female students at National and International level were related to different aspects like sports clothing, facilities, Religion, Personality, Family barriers etc. It's simple to take in the superficial value of this reality as an observer, yell, and forget. Accept, forgive, and forget is not an option for the women who have to deal with this on a daily basis. They're locked in a never-ending battle for a place in the industry that is rightfully theirs, and nothing about it is simple.

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