

Research Paper

A Study on Girls Participation in Games and Physical Activities : Socio-Cultural Hindrances

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ABSTRACT

This paper has reviewed the quantitative research into the reasons for non-participation of girls in sport and physical activity as appropriate or as a priority for women. Participation is motivated by enjoyment and the development and maintenance of social support networks. Barriers to participation include transitions at key stages of the life course and having to reorient individual identities during these times. But now the changing attitude of society and the new concept of Physical Education have created interest in games and sports among the people. It has been realized that existence of girls' participation in sports can't be ignored. They have a vital place in the category of sportsman.

INTRODUCTION

Sports activities develop awareness, gracefulness, aesthetic sense, higher degree of proficiency, neuromuscular skill and better neuromuscular co-ordination among the participants. Sports activities help to reduce the risk of heart disease, control body weight, prevent hypertension, delay degeneration and promote better growth.

On a simple level, barriers to participation in physical activity include high costs, poor access to facilities and unsafe environments. Other more complex issues relating to identity and shifting social networks also have a great influence. Some women in the groups described how in their culture, women were expected to adhere to particular roles and participate in separate activities from men. Men are participating in games and physical activities with greater enthusiasm but the women are lagging behind due to some cultural factors. Women are restricted to participate in sports due to the attitude developed towards sports and physical activities. Women used to occupy the secondary status in the society as compared to men. This type of feeling was not prevalent in India but all over the world. They used to be considered the solution of family and welfare of the children. Hart (1972) has remarked that women normally used to experience rejection for sports participation because of social norms and sex-role in the society.

Participation rates among women and girls are much lower than men's. The many reasons for this gender gap can be grouped as practical, personal and social and cultural. Socio-Cultural Barriers refer to specific social and cultural practices, beliefs and traditions within a community or society and how these impact on self perceptions and the perceptions of others. Of particular significance in this area are discourses of sport and physical activity dominated by exclusive notions of elitism and masculinity. A lack of positive and attainable role models is a related issue for most groups examined.

Socio-Cultural Barriers

1. Racism and discrimination
2. Female physicality and dress
3. Gender roles and expectations
4. Family responsibilities
5. sexual harassment and abuse
6. lack of role models in sport

Slowly and gradually, change in attitude in society has been identified and women got encouragement for participating in physical education and sports. In recent years Women have started participating with high enthusiasm in sports all over the world and very less difference have been left behind between male and female performances. Today, one can see from day to day information that females showed better result in sports and physical activities not only at the national but also at the international level.

Objectives :

The following are the objectives of the present study:

1. To find out the influence of parents on female participation in sports and physical activities.
2. To find out the role of religion on female participation in sports and physical activities.
3. To investigate the value based influence on female participation in sports and physical activities.
4. To investigate the influence of gender related factor and their respective roles on female participation in sports and physical activities.

Hypotheses:

1. There is a significant influence of parents on the participation of women in sports and physical activities.

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2. There is significant role of religion on female participation in sports and physical activities.
3. There is significant value based influence on female participation in sports and physical activities.
4. There is significant influence of gender related factor and their respective roles on female participation in sports and physical activities.

Population and Sample

In the present study girls of three districts Kurukshetra, Karnal and Kaithal of Haryana constitute the population. A sample of 210 female to the age group of 14 to 18 from Senior Secondary School students were undertaken from three districts. The method of selecting sample was simple random sampling.

Tools and Statistical Technique

In the present study, the investigator used self- made questionnaire as a tool to collect the relevant data. For the present study, a statistical formula Chi Square (χ^2) was applied on the scores of the socio-cultural influence for women participation in games and physical activities.

Socio-Cultural Influence on girls participation in sports and physical activities

	Parental Influence	Student's Perception			Chi.Sqr.
		Yes	No	Can't Say	
	Parents regard sports and physical activities as conducive to the physical well being of females.	153	48	9	158
	Parents in general encourage male participation in sports and physical activities more than female.	159	46	5	181
	Exposing certain part of body while playing against religious practices.	135	59	16	104
	Various religions regard sports participation as a possible exposure leading to some immoral behaviour	103	93	14	72
	Society not appreciate woman participation in sports and physical activities.	145	38	27	121
	Participation in sports and physical activities generally considered unfeminine.	76	117	17	72
	Participation in sports and physical activities of female generally considered deviance from the homely female	153	48	9	158
	Participation in sports and physical activities goes against commonly held idea of an ideal women as being gentle, passive and submissive.	140	54	16	116
	Women participation in sports and physical activities not publicly accepted	159	39	12	175
	Young females movement generally considered as limited to home surrounding.	141	55	14	120
	In general female children are expected to be quit passive and gentle in house.	155	34	21	156
	Many females takes less participation being subjected to the undermining effects of constant harassment and abuse.	159	45	6	180
	Females have low awareness of, and inability to access sports and physical activities.	164	33	13	192
	Family resistance to female relatives spending significant time outside the home.	151	37	22	143

Significant at 0.05 level is 5.991

Significant at 0.01 level is 9.210

Degree of freedom is 2.

Analysis and Interpretation of results:

1. It is observed from the statement no.1 that parents are very conducive regarding participation of females in sports and physical activities and value of Chi Sqr. (χ^2) is significant at 0.05 level of significance.

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2. It is observed from the statement no.2 that Parents generally encourage male participation in sports and physical activities more than female and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
3. It is observed from the statement no.3 certain parts of body are exposed while playing which is against some religious practices and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
4. It is revealed from statement no. 4 that various religions regard sports participation as a possible exposure leading to some immoral behaviour and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
5. It is observed from the statement no.5 that society not appreciate woman participation in sports and physical activities and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
6. It is revealed from statement no. 6 that participation in sports and physical activities generally considered unfeminine and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
7. It is observed from the statement no.7 that participation in sports and physical activities of female generally considered deviance from the homely female and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
8. It is observed from the statement no.8 that participation in sports and physical activities goes against commonly held idea of an ideal women as being gentle, passive and submissive and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
9. It is observed from the statement no.9 that women participation in sports and physical activities not publicly accepted and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
10. It is observed from the statement no.10 that young females movement generally considered as limited to home surrounding and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
11. It is observed from the statement no.11 that generally female children are expected to be quit passive and gentle in house and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
12. It is observed from the statement no.12 that many females takes less participation being subjected to the undermining effects of constant harassment and abuse and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
13. It is observed from the statement no.13 that females have low awareness of, and inability to access sports and physical and value of Chi Sqr. (X2) is significant at 0.05 level of significance.
14. It is observed from the statement no.5 that family resistance to females relatives spending significant time outside the home and value of Chi Sqr. (X2) is significant at 0.05 level of significance.

Conclusion

In the present study on the basis of results the conclusion is in accordance with the hypotheses of the investigator. All the hypotheses are accepted. Hence, it is concluded that Socio-Cultural influence play a vital role for women participation in sports and physical activities.

Suggestions

1. Combine physical activity with expressive arts; there's scope for developing physical activities in conjunction with drama, dance and other expressive arts.
2. Positive role models can help people who feel isolated because of prejudice about sexuality There's a need for more open discussion in this area, as well as educational projects to raise awareness and stimulate debate..
3. Distribute information about sexual abuse/child protection for all parents, athletes, coaches and volunteers. Foster a climate of open discussion about issues of sexual harassment and abuse so that athletes feel confident enough to speak out if they experience them.
4. Think about which local women or girls you could promote as role models – they could be coaches, volunteers or athletes at any level. Work with them to help inspire and motive other girls and women.

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