

# AWARENESS AND ATTITUDE OF PARENTS ABOUT FEMALE PARTICIPATION IN SPORTS

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## ABSTRACT

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**Aim:** The present study spotlight on psychosocial factors that play vital role in influencing Participation and lack of participate of females in sports. The study discusses various difficulties of women's participation in sports.

**Methodology:** A self administered questionnaire was used as a tool to study. 200 subjects who were selected randomly for study purpose both government and private girls degree colleges Hyderabad. The filled questionnaire was collected and evaluated to examine the parent's attitude towards girl's participation in sports.

**Statistical analysis through** Percentile and Frequency methods were done to find the parent's attitude towards Female's Participation in sports. The observations of the study shows that bulk of the parents acquire encouraging attitude towards female participation in sports. Despite this several psycho-cultural restraints hinders parents in showing the encouraging attitude.

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**Key words:** attitude of Parents, participation, sports, females

## INTRODUCTION

From History, it has been learnt that the "natural order of the universe" denotes male to the market place while female at home with her family. Woman the supervisor of domesticity while master of all else is the male. Man the rational thinker whereas woman the moral guardian, man leading, and woman subordinating (Laura E. Berk 2012). The insertion of impartiality among the opposite genders defied the social order foundation. (Bishop GD. 1994). The first national

championship for women was held in 1916 by Amateur Athletic Union (AAU). Sports competition for Women has been scowled upon by many societies in the past (Brustard R. J. 1992). The augment has been partially associated to the coerce or women's rights. In the United States, of America participation of female students in sports was significantly improved by the Act in 1972, inhibiting discrimination in gender and equal opportunities for females to participate in sports at all levels. Pressure from

sports funding bodies has also improved gender equality in sports. Participation of women in sport has come a long way. Struggle and attempts have been and are being made to encourage and motivate more and more females to involve in sports activities and competition but, much more still needs to be done produce better participation of girls in the world of sports. (Singh MK. 1990) Mind-set is changing regarding female sport participation because a lot of females have bought laurels and fame for not only for themselves but for family and country. (Fasting K.1987)

Spotlighting on the above rationale will tell optimistic explanations that instigate young women to Participate in sport competitions and pessimistic factors that discourage scores of girls sports participation. (Jay Coakley 2011). The founder of the modern Olympics, Baron Pierre de Cubertin 1896, stated: that "sportswoman organism is not cut out to uphold certain shocks, no matter how strong she may be." Such typecasts fired-ups manages gender-based prejudice in attitudes and approach in education and in recreational

and competitive sport, sports organizations and specially the media. There are numerous reasons to play sports, like enjoyment, health and fitness, socializing and interaction and to relief stress. Regular sports participation is especially vital for women since it has several mental, physical and social advantages that can radically improve not only health but also boost quality of life. (Kari 1985)

## **2. Methodology**

The aim of the study was to observe the Attitude of parent's towards female sports participation. A self administered questionnaire was made to obtain the relevant information that can be utilized for different purposes. The data was collected from the different sources as follows. 200 subjects (sports) were included in the study. Parents of university students were selected randomly for the present research belonging both rural & urban areas of the Sindh.

The questionnaire was used for assessing the attitude of parent towards female sports participation. For data analysis, percentage and frequency method

were used to find the percentage of parents agreed or disagreed with the statements so as to determine the parental attitude towards female participation in sports.

### 3. Analysis and Interpretation of Data

In order to analyze the attitude of parents towards female participation in sports, percentile method was used. The findings pertaining to attitude of parents towards female participation in sports are represented in the below table.

**Table 1:**  
Percentage/frequency analysis of responses of parents for various statements related to the objectives of female participation in sports.

	Frequency	Percent
Agree	134	67%
Disagree	66	33%
Total	200	100.0

### Results

#### Factors for Not-Participating in sports:

Our study observed that the factors which are important with respect to lack of women participation in sports.

- The major factor is that the girls did not enjoy and show modest interest while playing sport or getting involved in sport.

- They can not participate in sport because they had to carry out domestic work.
- Parents do not want their daughters to participate in sports activities for different reasons.
- In addition Socio-economic condition may also play some role for lack of women participation in sports as they could not meet the expenses of sport equipment.
- Few of them believe that their physique is not ideal for sport resulting in low self-esteem.
- sport participants can affect their academics performance
- They also think that sports participation put unwarranted pressure on them to complete and win awards.
- Sometime cultural reasons restrain them from participation in sports.

#### Factors for Participation in sports:

The current study observed the following factors that motivate female to play sport.

- The most significant reason for playing sport was enjoyment.
- Need for healthy life style was another main explanation for sport participation.
- Participate in sport because their buddies played sport.

- Play sports because they want to manage body weight.
- The encouragement from parents was another motivating factor.
- Challenge and thrill of winning a game is even more exciting.

### **Discussion**

Sports can be an encouraging practice for athletes' body and mind. Outdoors activities and sports are vital for all youngsters. Exploring, through trekking with friends, encourage to jog, run around and jump, etc. From sports, young women learn essential life skills for instance teamwork, leadership qualities and self-confidence These physical activities are fundamental means to exhaust out energy especially for influencing female participation in sports as at the age of 14, girls drops out of sports at more frequent rates as compared to boys. During more than twenty five years of study, the Women's Sports Foundation has acknowledged major reasons behind alarming statistic as follows

**Less access:** Females have 1.3 million less chances to play high school sports than male have. Lack of physical education and inadequate opportunities to play

sports in both schools and colleges there is also limited playing facilities which make it more difficult for females to participate in sports.

### **Safety and transport factors:**

Sports needs a slandered arena and for female, particularly in dense urban environments, travelling facilities seem to be un-safe additionally unsatisfactory means to reach to ground miles away. If there is no secure choice the only option for females is to drop out and quit sports despite being talented and motivated to play sports later in life. Girls participating in sports during teens have 20% less chance of breast cancer.

**Societal Stigma:** in spite of current improvement, discrimination on the basis of actual or perceived gender identity of female athletes continues. Female athletes may face intimidation, social isolation, and decreasing performance evaluations, or the loss of starting performance at some stage in socially delicate adolescence, the dread of being tagged as masculine is fair enough to drive a lot of girls away from sports.

**Quality of experience:**

The non availability of quality, trainer and coaches especially female coaches may also hinder their participation leading to their ability to grow and enjoy sports is dented Over-quarters of working women believe that participation in sports facilitate their self-image and confidence.

**Expenditure:** Educational institution's sports budgets are being cut down every year. Less opportunities within Educational institution propels parents to bear expenses of equipment and out-of-pocket travel requirements to participate in sports. This additional load is just impossible to bear for many families.

**Lack of positive role models:** nowadays girls are mesmerized with external beauty images, not of confident, strong women athlete role models. To some extent females, fitting inside the mould that they are always commanded to stay in is more essential than standing out. Pressure of Peers can be difficult for young woman to bear at any age; when that stress is not counterbalance with strong support to take part in sports and healthy physical activity may leads to less participation.

**6. Conclusion**

The study have established some of the psycho-social issues that have made it difficult for the majority of the girls to involve in sports activities The outcome of the study evidently determines that majority of parents have encouraging attitude towards female sports participation more than 60% of parents have agreed to female participation in sports and have contributed to the growth of physical, mental & social aspects of health. The study also observes that the participation in sports at the grass root level have prepared female economically and psychologically stable. The study determines that there shouldn't be any gender barrier for females to take part in various sports events at national, international level. Today women are given prime and equal value as men. They take part in nearly all the events in which men participate which made them confident, strong independent, fit and healthy in recent times women have become professionals and are more renowned than men for instance in tennis, badminton, & and gymnastics. This study also concludes that there is yet loads of works have to be done to per-

suade more females to involve in sports. The present study will contribute towards several encouraging modifications in of Education institutions and Training at district, provincial and national level will ultimately filter down to the schools.

This study has information, which gives systems a guideline that may foster females importance in sport and subsequently augment women representation at national and international level, shifting negative attitudes of society concerning female sport participation. A positive interpretation of girls sport participation in the media can be a way of showing that females can be as devoted, as strong-minded and can shine as their male counterparts.

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