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## Gender Inequality in Sports in India. Issues and Causes

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### Abstract:

*Women's sports incorporate novice and professional competitions in for all intents and purpose all sports. An imperative aspect about women's sports is that women usually don't contend on equivalent terms against men. Concern over the physical strength and stamina of women prompted the discouragement of female investment in all the more physically intensive sports, and in some cases prompted less physically requesting female versions of male sports. Women's rights in sports are paramount because, despite the fact that women today appreciate their flexibility playing sports, there were women that endeavored to increase that opportunity for the women who have a passion for sports now.*

**Key words:** Women's Sports, Gender

### Introduction

Sports is one territory where gender orientation bias is emphatically obvious. The issue is more sociopsychological than else other possibilities. Today, as we remained at the beginning of another thousand years it is unfortunate that men and women are dealt with so in an unexpected way, particularly in sports. Women make up half of the world's populace yet they are not given equivalent fortunes. Men are still viewed as the

better sex and this is one of the reasons why the world is yet to deliver a female Michael Schumacher, Tiger Woods, Mike Tyson or a Sachin Tendulkar. Sport in India is yet to achieve its top. The Mughals ruled India for quite some time, the Britishers for another and a half-century. It was just after 1947, when we accomplished freedom that we began creating as a present day country, with uncommon rights to 50% of its nationals to be specific women. Indian women are even now attempting to build their personality. Women in India are still not able to stand firm for themselves. The world that we live in, is different now and are enhancing however there is still a great deal to be attained. Men have an upper turn in all circles of life. Sex disparity is a profound established issue and so as to change the circumstances, intense steps/measures need to be taken. The most noticeably awful thing to happen is the female feticide. Most recent innovation is continuously explicitly abused for slaughtering the young woman tyke. A long way from providing for her great training and a joyful life we Indians are attempting to take out women from this world. Unyielding standards administer much of our reasoning. As is said above, gender orientation bias is one of the numerous issues due to which India is not having the capacity to advancement at a quicker rate. In India we appear to be deifying our incredible pioneers however never give careful consideration to what they are attempting to let us know. Pandit Nehru has said that to stir the individuals, it is the woman who must be stirred, once she is moving the family moves, the country moves.

A general public, which does not permit a young woman to do something straightforward as essential training is impossible to give her a chance to take an interest in sports without any obstacles. Indeed before partaking in 400meter leaps the young woman need to pass such a variety of more social obstacles. This undertaking is an endeavor to investigate the issues that a young woman, who needs to shape her life as a sports woman. Research has proposed that cooperation in

sports could be an animating and generally enabling background for women. Being a competitor, particularly a talented player, can change the way a woman sees herself. It can make her feel physically stronger, more skilled, and all the more in control of her life as an autonomous single person. Sport investment additionally furnishes young women and women with chances to reconnect with the force of their own bodies.

Gender and sports are a standout amongst the most critical issues regarding gender orientation disparity. In no other range is the inequity as vast as in sports. The motivation behind this exploration is to Gender inequality in sports in India.

## **Women and Sports**

The recent report of the National Commission for Youth (2004) has followed in detail the investment of women in Sports previously, then after the fact 1947. The primary Indian women to partake in the Olympics was in 1952. In 1975, the Government of India founded the National Sports celebration for women with a perspective to advertise women' sports. The National celebration is gone before by rivalries at the neighborhood and the area level. However the report has watched that these rivalries have been decreased to negligible issuing of endorsements and the resulting choice at the national level is carried out on specially appointed premise. The National Commission report has additionally pointed towards the issue of dropout rate of young women from the schools. The report watched, .Sports is all things considered a world class movement in the nation and the appropriation of a sports strategy, as the legislature has done in 1984, is barely prone to change the circumstances a whole lot.

## **India and the World**

The circumstances in the western nations are better yet at the same time women are confronting very much alike issues to our own. America is an extremely created country on the planet. Anyway even in the United States, women are casualties of sex favoritism. Regardless they don't have meet representation as contrasted with men. Men hold dominant part of the positions of administrators, mentors and sports executives. Things did change after the 1970s when Title IX was presented yet there is a great deal of extension for development.

## **Literature Review**

This review audit tries to blanket all conceivable issues in women's sport. There is a huge body of writing on gender orientation studies. Likewise, there are various investigations of sports related topics, for example, execution, bunch attachment and so on. In any case, there are relatively few studies taking a gander at Gender issues in Sports. Once more, a large portion of the examination studies we spotted are based outside India, not many are carried out on an Indian test. The subjects of these studies spread topics, for example, execution of women competitors, mental self view, economic wellbeing and cooperation in sports, gender badgering, political and monetary components in sports and so forth. Analysts and Sociologists are very concerned and intrigued by the issues of Self Concept also Self Image henceforth we see very much a couple of studies on this issue. Pricilla Choi's study is about, the gender offer and flex request of the physically dynamic woman. She says, the quest for, and distraction with magnificence. are focal gimmicks of the philosophy of womanliness. This drive for magnificence has been taught to us since adolescence. The point of this paper is to inspect, from a discriminating women's activist viewpoint, how this impacts women's inclusion in sports and physical activity. To do this it will take a gander at the exercises of high

impact exercise and iron pumping picked as illustrative of two inverse finishes of an applied continuum. This paper will show how heart stimulating exercise is viewed as a worthy physical movement for women to partake in light of the fact that the point is to lose fat (diminish the body) and make the body wonderful of thin, toned and hot. Conversely, the point of weight lifting is to assemble muscles and make the body bigger and stronger, which is not adequate, on the grounds that it is not reliable with the belief system of gentility. Subsequently, the women who take part in both of these exercises face distinctive situations that are comparable in their command to adjust with weights from family, companions, representing bodies and more extensive public opinion to look perfectly womanlike. It will be contended that, therefore, women are not enabled by support in sports and physical activity. They are, truth be told, disempowered, disheartened from taking an interest and kept from achieving mental wellbeing that originates from pride and joy in their physically dynamic bodies.

Jessica L. Mill operator, Gary D. Duty examined Gender part clash, gender attributes, self concepts, and sport socialization in female players and nonathletes. They state, participation in sports is essential a manly movement in American culture (Czisma, Wittig, and Schurr, 1988). Sport investment likewise seems to develop improvement of manly aspects (e.g., aggressiveness, accomplishment) in competitors (e.g., Birrell, 1983), and is one way for American guys to seek after and accomplish a manly gender orientation part personality (Anthrop and Allison, 1983). Interestingly, American culture regularly perspectives being female and a player as contradictory (Desertrain and Weiss, 1988; Die and Holt, 1989). Sport investment by females routinely conveys a negative shame (Die and Holt, 1989; Moore and Gobi, 1995; Selby and Lewko, 1976; Uguccioni and Ballatyne, 1980). Truth be told, exploration shows female competitors are seen by male and female school scholars as altogether less womanlike than

female nonathletes (Fisher, Genovese, Morris, and Morris, 1977; Snyder and Sprietzer, 1976). Czisma et al. (1988) were among the first to recommend these phenomena may bring about female players encountering a feeling of clash between particular gender orientation values and societal desires of womanliness.

## **An Indian Study on Gender issues in Sports**

One such study is by Dr Bhalerao in 2003. It is her Ph. D. theory, which is about sex issues in sports. The title of which is .Analysis of issues confronted by women players who partake in interuniversity sport rivalries.. This postulation examines the issues particular of young woman players in at the college level. There are a considerable amount of likenesses in the elements that she has dissected and the components that we are managing in the present study. Yet there are fundamental contrasts in the specimen. Dr Bhalerao.s example is constrained to between college players, thus the young women are fundamentally playing at one level and likewise they are in the comparative age bunch. In the present study the example that we have chosen is differed from numerous points of view including their age and playing encounters likewise the amusements that they are playing. Dr Bhalerao has utilized three strategies for information gathering, a poll, meetings and perceptions.

In the first a piece of the survey she gets some information about the true data of the player like data about her family, money related status, playing background, training and so on. In the second part she has separated the issues confronted by the young woman players in nine gatherings and made inquiries about them. The issues are ordered in the following gatherings:

1. Family
2. Social
3. Psychological

4. Physiological
5. Sport equipment and facilities
6. Financial problems
7. Problems arising because of the government
8. Physical education and coaching related problems
9. Problems developed due to selection committees

The players selected for this study were from four universities in Maharashtra state. They were from Pune, Nagpur, Aurangabad and Amravati universities. All these cities are comparatively developed areas in India and also in Maharashtra. In the analysis she says, all the university players can be said as facing very similar problems most of the time, there could be very small regional difference.

## **Gender Issues**

### **The issue of male superiority**

The idea of male predominance may (clarify) the current twofold standards whereby mentors of female groups are a regularly expanding event, yet females infrequently mentor male groups. It is accepted that guys are naturally fit to mentor women, yet inconceivable that a woman would endeavor to mentor men's group. (Fishwick, 1986, pp.78) Knoppers (1989) pointed out that few examinations have considered the under representation of women honing male groups and that this under representation is hazardous. It is accepted that in light of the fact that sports has generally been characterized as a male save and on the grounds that men are additionally thought to be more able and subsequently better than women, men can (and ought to) fill administration positions in women sport (Stangl and Kane, 1991). However as the quote above additionally showed there is more at work here than the supposition of male predominance. There is a converse thought that women need ability and are accordingly not fit the bill for positions of force (Kater, 1977a; Stangl and Kane1991),

particularly as far as regulating men in sports (Williams and parkhouse, 1988).

## Methodology

### Sample

The sample was purposive. The sample size was 182. 134 players and 17 coaches responded to the questionnaires. Interviews were held with another group of 31 players.

**Table 1 - Sample profile**

Questionnaires	Interviews with players	Coaches/Officers
134	31	17

Information was gathered utilizing a nitty gritty survey reacted by 134 female players. The second device of information accumulation was the meetings. We questioned 31 players for this reason however out of these 31 meetings we held 28 in light of the fact that the staying three were just in part finish. A different poll was created and regulated to 17 sports officers/mentors. The specimen likewise varied on the premise of diversion. The accompanying table shows an exhaustive picture of the example size speaking to each one amusement.

**Table 2 - Sample profile by Sports**

Athletics	22	Boxing	3	Badminton	2
Basketball	16	Handball	3	Taekwondo	2
Volleyball	13	Karate	3	Hockey	2
Kabaddi	10	Football	3	Shot put	2
Cricket	8	Swimming	3	Tennis	2
Table Tennis	7	Softball	4	Sailing	2
Judo	5	Kho Kho	13	Diving	1
Baseball	3	Archery	2	Throwball	1
Power Lifting	2				



**Table 3 - Sample profile of Coaches**

Athletics	1	Swimming	1	Kho Kho	1
Basketball	4	Handball	1	Archery	1
Volleyball	2	Softball	1	Table Tennis	1
Cross Country	1	Badminton	1	Chess	1
Cricket	1				

## **Tools**

Qualitative method of data collection was used in this study. The two tools that we used were

1. Interview
2. Questionnaire

As has been specified above, out of the full example of 182, 31 were talked with. The polls that were given to the 134 players secured an extensive variety of issues. The talks with that were directed were unstructured yet the substance of the polls were utilized as rules to provide guidance to the interviewee. The point of utilizing the meeting strategy was to accumulate subjective data and test the interviewees.

The data that was assembled by both these devices was changed. Each part of women's sports in India was taken advantage of with the assistance of these devices. Separated from social event preparatory data like name, age, amusement, level of investment, SES, both the devices secured the accompanying subjects:

1. Practice
2. Coaching
3. Selection
4. Stipend
5. Nutrition/Diet
6. Menstrual Cycle
7. Social/Parental Support
8. Studies
9. Gender Issues
10. Self Image
11. Benefits of playing

12. Future plan

13. Reason for choosing the sports

The regions being explored are likewise in accordance with past scrutinizes on sex and sports. These inquiries about had been investigated before settling the meeting timetable or the survey. The poll that was outlined comprised of 77 things. The things were both open finished and altered option sort. They were set all things considered that they advanced from general inquiry or particular inquiries. The exact first part assembled preparatory data, name, age, diversion, occupation and so forth. Inquiries identifying with the amusement were put first. This was carried out to guarantee that the example does not feel debilitated and gets acquainted with the instrument. Inquiries relating to more touchy issues, for example, sex issues and family backing were solicited in the recent half from the survey. The poll was in Hindi and also in English to permit assorted qualities of sportswomen being inspected.

## **Data Collection Procedure**

### **Questionnaire**

Agents were chosen from distinctive parts of the nation and locales. They were asked for to get 8 female players and 2 mentors/authorities to top off the surveys. Duplicates of the surveys were sent to every agent by means of mail. Guidelines on the best way to get the survey topped off were additionally sent. Directions included on the best way to structure compatibility, how to approach the example and on the most proficient method to direct it. Polls were gathered from the accompanying districts. Dehradun, Bhilwara, Goa, Nagpur, Orissa, Delhi, Amravati, Pune, Solapur, Simla, Indore, Chennai, Mumbai, Ratnagiri. A large portion of the polls were topped off by the players themselves. In a couple of excellent cases the specialist topped off the survey for the example. There were two manifestations of the survey that had been circled one

in English and a Hindi poll. A sportswoman could top off any structure, whichever she felt agreeable with.

### **Interviews**

The project coordinator and the research assistants took all the interviews themselves. Most of the interviews were taken at the place of their practice. All the interviews were tape recorded with the permission of the players.

### **Discussion**

Gender and Sport in India is an extremely incomprehensible point. India as a nation is colossal in size. Also to that, its society and air changes from spot to place. What is valid for one area is not so for an alternate. This is an actuality of all parts of human life in India. There is a colossal gap between life in the urban areas and metros and life in the more diminutive towns and towns. On one hand in the metros and greater urban areas we see India contending with the western world and then again there is the true India which exists in the more modest towns and towns. Instruction, lifestyle, cash and pay, wellsprings of wage, dietary patterns, dressing propensities, homes and demeanor, everything is unique in relation to one district of India to an alternate. This especially is valid for the life of women in India. In the metros and the greater urban areas we see young women and women going out, being instructed and making vocations. They are at standard with any man; from numerous points of view they are shockingly better. We see them in all conceivable vocations and callings; we likewise see them in sports. So we see the women golfers like Nonita Laal, tennis players like Sanya Mirza and Badminton players like Aparna Popat. It is an extraordinary battle and obliges incredible exertions to wind up so capable and effective in any diversion. The women/young women have done it and arrived at the spot where they are presently. Still it must be said that they are the picked few who are favored to be conceived in

privileged families, where folks backed them in every conceivable way. They are the ones who did not need to face societal strictures. They had the chance to play the amusement that they adored. However this gathering is little contrasted with the other expansive number of young women who live in more modest towns and towns who don't have the backing of cash, who don't have the familial and societal backing. Not to mention playing an amusement, without taking into consideration getting great offices and gear for sports, they don't even get the essential instruction that they need.

As specified prior information was gathered on the survey, which truly was a composed meeting. of players, from eight states. Despite the fact that we would have jumped at the chance to get information from more states, and we additionally attempted, in the given time allotment we figured out how to gather it from eight states and from a sum of 134 young woman players. The reason for existing was to achieve the insides of the nation, additionally to achieve players of different ages and different playing encounters. We imagine that notwithstanding this we have gathered reactions about the .issues in female sports. from mentors. For this we utilized polls (distinctive ones exceptionally developed for mentors) filled by something like 17 mentors from different states. Thus the investigation is at three levels, one is the in-profundity meetings, favor, the polls and third, the reactions of the mentors. The principle issues for young women in sports truly begin at the exact starting. There is a huge inquiry check before their support in sports itself. In our study we have attempted to get reactions from young woman players from all conceivable social strata, of mixture of age gatherings, from various distinctive diversions and likewise investment at diverse levels from school to the International. The example additionally originates from provincial, semirural, urban range and likewise the three metros Mumbai, Delhi and Chennai. The issues they have described to us are colossal in nature and the picture of Indian Women's sports is truly frightening.

## Analysis Of Data

Let us start the discussion with the analysis of the questionnaire, which had 77 items and covered 13 issues excluding the factual information. The 13 issues are as follows along with the analysis of responses of the players.

### I. Practice and related problems.

The following seem to be the major practice related problems that the players have.

Fight with senior players.	Need synthetic take for Practice.	Facilities in the stadium are not up to the mark
Lack of equipment	No practice schedule Followed as such	Lack practice
More practice needed during Tournaments	Increase practice time	Kho kho ground needs to Be claimed
Training only before Tournaments	Lack of funds	Practice in the morning
There should be more Practice	Less stress from education Institution on day to day Work.	No female coach

### II. Coaching

Out of the entire specimen, numerous appear to have male mentors. A little number of female mentors is in the field. A significant number of the young women have proposed that they might want to have a female mentor, especially when they are going for a competition. It is still exceptionally hard to examine certain issues with a male mentor. For the most part young women appeared to be fulfilled by the guiding that they were getting, notwithstanding a couple of cases. The issue of training is an exceptionally essential issue. Young women are not primed to put their perspectives on the paper.

### **III. Selection**

This is an extremely touchy issue. Young women for the most part faltered putting their presumptions on a paper. In spite of the fact that truly a couple have talked about it in points of interest in the meetings. The amazing thing is however they are stating that they are satisfied with the determination method, in the meantime they are giving .proposals. about the progressions that ought to be made in the determination method. They say that the choice methodology is uncalled for, there is inclination, determination timings set by national affiliations are .not being held fast to, and there is governmental issues and favoritism in the meetings, we show signs of improvement and clear picture of what happens in the choice system. Obviously this issue is not by any means gender orientation particular. Determination is an unpredictable business even in men's sports.

### **IV. Stipend**

Stipend apportioned for practice ranges from Rs. 8 to Rs. 80 for every day. For competitions it is Rs. 15/ - Rs. 200/ -. Off and on again rather than cash they get caffeinated beverage, refreshments, travel remittance. A lot of people are of the view that the stipend is irrelevant. Stand out player said that once she got an onetime grant of 10000/ - Rs. This is an extraordinary case. Likewise for some travel, nourishment, stays are free at the spot of competition. Yet the issues at the spot of competitions are much bigger and not constrained to the accounts. We will see them later on. The stipend framework or TA/DA is even more a situated framework for University competitions and not for the region and state competitions. For this situation young women have noted that .they tackle one sum and provide for us significantly less or not in the slightest degree.

## V. Nourishment, Diet, Weight, Health

The greater part of the young women have said that they take solid eating regimens embodying foods grown from the ground, vegetables, milk, eggs, beats and so on. There were not many, only three, who say they are underweight. A bigger number of them feel they are of the right weight. Anyhow the number that say they are overweight is not all that little. Something like 25% say they are overweight. In spite of the fact that as we have not figured their BMI we have no possibility to get to knowing whether they are overweight or not. Numerous times young women feel they are overweight as a result of public opinion weights where meager is in. None of them said they take intestinal medicines or whatever viable medications. Despite the fact that young women even in the littler towns are mindful of execution upgrading medications. The general wellbeing issues as described by them are counted in Table II.

Anaemia	Fracture	Knee Pain/problem
Lisportsnt tear	Menstrual problem	Malnourished
Back ache/injury	Leg injury	Head injury while diving (diver)
Joints problem	Accumulation of water in the knee	Asthma

## VI. Menstruation

Very nearly 85% of the young women said they don't have any issues with respect to feminine cycle. It is extremely consistent. About 75% players said they play throughout menstrual cycle. In spite of the fact that some of them (25%) feel that it does influence their amusement. Some of them about 15% have said that playing influences their menstrual cycle. We asked them how they adapt to the uneasiness or ache. They said:

- Take pharmaceuticals
- Reduce play
- Avoid over preparing
- Skip polish
- Slow down

Be that as it may some of them additionally said that menstrual cycle has a positive impact on their diversion. They put more exertion and perform better.

## **VII. Social and Parental Influence**

The inquiries concerning Parental and Social backing were about backing from folks, parent's fulfillment, whether it influences execution or not, enthusiasms from family who are sports persons themselves, whether there could be a vocation in sports and what they think is the standpoint of public opinion towards a young woman player. Young women do say that folks are supporting them and are fulfilled by their sports execution. However, they don't or cannot have a profession in sports. A large portion of the young women say that parental fulfillment or disappointment does not influence their execution. As indicated by 60% of them say pop culture has inspirational viewpoint, yet that methods 40% say that public opinion doesn't look decidedly towards a young woman player. A portion of the remarks of the player are worth s mentioning:

- They (parents) don't want me to play but support little bit.
- They are .strictly. opposed to sport
- Mother is against sport
- Parents don't want studies to be neglected.
- Initially she scolded me and beat me, when I got popular through sport she realized and encouraged me.

## **VIII. Studies Vs Sport**

Out of the entire specimen about 70% said both studies and sports are vital to them. About 40% concurred that sports investment does influence their studies.

## **IX. Issues of Gender Equity**

Young women say more number of young men play than young women. Young women have more troubles in sports support



than young men. We asked them whether young women ought to play all amusements or not? 77% said that yes they ought to. We likewise asked them whether playing the normally forceful amusements like boxing or wrestling or actually weightlifting influences a girl's wellbeing. About 70% said that no it doesn't. At that point came the most imperative address and issues that young woman players face. About half of players say that there is the issue of gender provocation, half say no But in light of inquiry no 47, numerous state that gender badgering is a real issue in women wear in India.

### X. Benefits of Sports

We asked them whether they thought there were any profits of playing a sports. Every one of them addressed certifiably

Physical	Social	Mental Health	Confidence building
Independence	Peace of mind	Benefits studies	Learn to face tough time
Exposure	Respect	Boredom perspective	Fame
Future opportunities	Discipline	All round development	Extra credit in exams
Reservation in jobs and Schools	Personality development	Promotes talent	Fitness
Career prospects	People perceive you Differently	Employment	Mind gets relaxed

### XI. Mental Self Portrait

Mental self portrait, thought toward oneself or respect toward oneself are extremely fundamental in anyone's life, however they are especially more critical in a young woman player's life. Any young woman's mental self view is reliant ordinarily on her own self-perception. How they feel about their body structure, their looks and identity is exceptionally vital. It decides their level of respect toward oneself. Each young woman has some thought and assessment about how she ought to look, what

ought to be her body structure and what sort of identity is .great identity. Thus when a young woman says that she is overweight she may not be so. A young woman's cooperation in sports likewise relies on upon her discernments about self-perception. Gill D. (1995), a sports clinician, says .females are for the most part more negative about their bodies and are concerned with physical excellence and keeping up a perfect, flimsy shape (as distinguished by media and societal pictures) while sports requests quality, power, persistence, speed and numerous different things. Distinctive diversions need diverse builds.

### **XII. Feasible Arrangements**

Countless needed to proceed with investment in sports. Something like 70% said that they likewise needed to have professions in sports related fields. 50% of the examples are not mindful of any vocations/occupations in sports. Still the vast majority of them realize that there are relatively few openings for work. A lot of people more said they might want to be a proficient player. They need to proceed in sports however they have extremely constrained information of the choices accessible to them.

### **XIII. Purposes behind Choosing the Sports**

They have given no less than 30 reasons why every one of them has decided to play this specific amusement. We are cheerful that we figured out how to get reactions from young women from 24 occasions/diversions. All the young women have reacted well. We watched that more established young women in view of their development can comprehend the issues better. They are additionally better equipped to compose their assessments contrasted with more youthful young women. We asked being referred to no. 53 what proposals they might want to make to enhance the state of women sports in India.

## **Analysis of Interview**

So far we have talked about the reactions of young woman players on the survey. Give us a chance to now move ahead to the examination and talk of the meetings. There are in every one of the 31 Interviews the range savvy characterization of the specimen. Out of the 31 questions that we took we have examined 28 meetings. We didn't mull over the staying three in light of the fact that they were fragmented.

### **Examination of the Coaches: Reactions**

For the mentors, reactions, inquiries were extraordinarily intended to accumulate data. They were asked to compose their conclusions on comparative issues that competitors were gotten some information about. There was a general accord on the issues confronted by female players. For the most part all the mentors and administrators felt that absence of security was the most serious issue for a female player. The mentors felt that folks did not feel great in sending their little girls to take part in occasions outside the place where they grew up. Henceforth the young woman players pass up a great opportunity for key presentation and chances to encounter focused sports. A couple of mentors felt that the groups of some of these young women were not strong, as they expected that the studies and scholastic execution could get ignored. Lion's share of the mentors reported about the issue of absence of nutritious eating regimen and wellbeing. They felt that the young women are under fed as their eating regimen fails to offer the vital supplements.

What should change? The responses of the coaches are as under:

- SAI should take a more active role in women sport.
- Sponsors should come forward with more support.
- Hostel and other infrastructure facilities need to be improved.

- Special sport training centers for women should be set up.
- There is an urgent need to bring in more number for female-trained coaches.
- Equal opportunities should be provided to both male and female players.
- Selection procedures should be fair and transparent.
- More scholarships should be provided for women sport persons for them to stay longer in their sport.
- There is a need to promote and encourage sport at the grassroots level.

Symposiums and workshops should be held to bring in more awareness among the society about sports. In the above sections, we investigated the reactions of the players, the mentors and the troughs. This examination has framed the premise of the proposals and conclusions that are displayed in the accompanying area.

## **Conclusion**

The undertaking was produced with the reason for recognizing the issues that the women players in India face throughout their vocation as a sports individual. At the exact start we realized that the issues are incalculable and each player would have her own particular story to tell. We needed to think about it. It was a tremendous undertaking and the time assigned to us was no match to it. So we chose to plan the study in such a path, to the point that we get the most conceivable agent test in our restricted assets. We have figured out how to arrive at the same number of as fluctuated gatherings of players as we can. We needed to achieve and converse with the same number of players as we could. Be that as it may conversing with them generally on balanced premise and talking with them at a length is an overwhelming errand. Henceforth, notwithstanding the nitty gritty meetings of players we chose to do something

more and flung our nets far and wide. Alongside the meetings we additionally created a survey, which was truly as a composed meeting. This was of incredible help and we truly could get reactions from players from different states, from different areas and additionally from different foundations. Presently our specimen is made up of players from eight states and from shifted areas. The examination, which was somewhat qualitative and halfway quantitative, has had the capacity to toss light on all conceivable issues in women's brandish in India. Presently in the conclusion we might want to say.

- Indian women players are no less than any women players in the world. They are equally talented and hard working. The problems that they face are much more daunting than the problems faced by the players in the developed countries.
- It is very sad but we have to say it, the problems that we have are manmade. They are of the sociological variety. Still we realized that it is not the parents that are not letting girls play but it is the system of Indian sport that is to blame. The system is not working, as it should.
- There is a total apathy. People who are running the show of sport in India are to be blamed.
- All the players whom we interviewed and also those who responded to the questionnaires said, we want to play, want to have career in sport.
- What they want are good facilities and equipment.
- They want fair and clean selection procedure.
- They want good and experienced coaches, especially female coaches.
- They want good medical support and advice on other related health matters.
- They want support from families and the people around them.
- They want job opportunities and job security.
- They want more competitive opportunities.

- They want support from the government machinery and the sport federations or some sponsors.
- Equality is of utmost importance to them. They want equal opportunities to play and to be treated at par with men.
- Women /girls sports clubs are very rare which restricts girls' participation in sports as parents do not like their daughters to play with boys.

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