

Empowering Girls and Women Through Sport and Physical Education

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Abstract:

It is the greater need to empowering girls and women through Sport and Physical Education. Because, it produced significant change in girl's and women's attitudes to participation in Physical Education and after School Sport.

So this paper will be focused on the theme that how Physical Education and Sport can helps girls and women for their emotional wellbeing, helps them to develop a positive body image, and empowers them to engage in Physical activity and sport throughour their lives.

Introduction:

Women today have made remarkable leap in the gender gap of the Athletic World. The percentage of female Athletes in School and College skyrocketed compared to the participation level of previous generation in federally funded education, including athletics, was one of the largest steps made for the female race. But has gender equality truly been obtained? Girls have to face several limitations. In rural areas she finds a lot of family resistance, since women in sports do not fit the traditional image, namely that of being a good cook and a good mother. Thus, the ambition to be a Professional Sports Woman is rarely created or natured in girls.

In Foreign countries like the United States of America (USA), has more girls participating in Sports that was compared with Indian girls. In India, parent restrict their daughters to go elsewhere for playing at the tournaments. In American Schools and Colleges, there is a compulsory Class for Sports known as Physical Education which is conducted every day. In which one is given marks for playing sports. Due to this, even girls are forced to participate.

It would belate to start supporting and promoting sports women at University levels. It is from the School level that the

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governmental organizations need to start working perhaps even the UGC to ensure that girls get the right support for their sporting activities. Promoting Women coaches for girls could be an important project for the coming year.

Participation by girls in sports has shown steady improvement, however it is not comparable to any of the sporting nations in the world. The changing attitude towards women in the Indian Society is helping the cause of more and more girls thinking of sports even as a career. As sports professionals, sports people, we as a community have the responsibility to motivate and guide girls in this field and I hope that we will see the results within the next few years.

The Barrier to the women and girls participation in Sports and Physical activity

1) The Male-dominated culture of Sport :

Sport has traditionally been defined, organized, promoted and constructed as a male activity. Some women/ girls are turned off 'sport' altogether because they see it as a male dominated activity. For many girls, being sporty is felt to be at odds with being feminine.

2) Activity Stereotyping :

Some sports, particularly physical contact sports (For ex. Boxing & rugby) are – traditionally seen as male sports and some people believed that women and girls should not do them. There is no reason why this should be. But because of the negative stereotypes some girls and women can be put off participating in these sports for fear of being considered unfeminine. There can also be a lack of opportunity to participate in these sports for a women or girl.

3) Socio-Cultural and economic barrier :

A major socio-cultural and economic barrier is the manifest idea that sport is masculine and elitist. It is widely shared perception transmitted by men and women through traditions, beliefs and social practices. This entails that women are not meant to be competitive and their body should not be muscular.

A further barrier is the false correlation between participation in sport with socially unacceptable behaviors. Clothing and equipment for sports can be expensive.

4) Practical barriers :

Practical barriers include poverty and scarcity of economic means. For women this means a lack of time, a lack of appropriate, safe and accessible infrastructure, and no adequate clothing.

5) Knowledge barriers :

Knowledge barriers include the lack of awareness of the benefits of physical activity. They however also deal with the myths such as the still prominent and thoroughly false participation that sport is a potential impairment to female fertility.

6) Lack of Self-Confidence :

Some research shows that girls, on average have less self-confidence than boys. Self-confidence is also linked to competition, many girls and women are turned off sport because it is competitive. So it is a need all about boosting self-esteem and confidence and making them want to go out and enjoy the sports activities themselves. Women often have a workload in the home and care giving roles for other family members which may limit the time available for them to engage in physical activity.

7) Personal Safety/ Sexual harassment :

Personal safety on the streets, on public transport and in and around sports and community venues is a particular problem for women and girls who may fear not only physical and sexual attack, but also unwanted attention and harassment. Many females drop out of sport because of constant harassment and abuse: others endure the sexual attention of their male coaches or peers because of fear, desire for athletic reward, low self-esteem or ignorance of who to turn to for help.

Conclusion:

Consequently, it is not easy to encourage girls and women to participate in physical activities and programmes need to be well designed to reach this ambitious goal.

To generating physical and mental health sport can be an effective platform to provide women and girls with leadership skills they can transfer to other doma civic engagement or professional life. Strength, perseverance, commitment, team spirit, solidarity, negotiation, and others are values that are central to sport but also to the pursuit of gender equality and women's empowerment.

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According to UN women, the UN entity for gender equality and the empowerment of women. there has been progress years, notably through the International Olympic Committee in introducing quotas for women's representation in sports organizations.

Recommendations:

- 1) Women should be encouraged to increase their participation in physical activity.
- 2) It is important to improve the girl's attitudes about sports activities and physical Education from School generally.
- 3) Women may need a better balanced sheet of support actions such as adequate nutrition, income generation initiatives, advice on physical activities most relevant to their specific conditions and adapted leisure pursuits.
- 4) Recommendations include advice for advocates for girls encouraging research; provide a models based approach to physical education to guide the development of programmes suited to local needs and values.
- 5) It is the greater need to develop the physical activity and physical fitness promotion strategy for women and girls.
- 6) It is important to improve the principles for programme Development-three broad principles can be outlined for programme development relating to equality of opportunity, the celebration of difference, and the possibilities of social transformation.
- 7) Sport associations, non-governmental organizations, local initiatives as well as the private sector can also play an important role in facilitating change.
- 8) Highlighting projects which set examples, supporting in depth research on existing barriers and documenting women's interest in sport, and claiming space for women in sport, are some of the most obvious ideas to improve the situation.
- 9) Recommendations include that raised girl's confidence and self-esteem about sports and Physical Education, Improved girls' physical literacy, improved girls' levels of fitness.
- 10) Teachers start by attending workshop and seminars where they share challenges, successes and ideas with each other. Back in school the teachers share the process with senior leaders, to ensure

Girls Active is sustained, and recruit and empowering girls and women through sport and Physical Education.

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