



Women's participation at International Level in India

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Abstract

Sport is an integral part of the culture of almost every nation. However, its use to promote gender equity and empower girls and women is often overlooked because sport is not universally perceived as a suitable or desirable pursuit for girls and women. This article aims to analyze the trend of women's participation in sports and physical activity at international and national levels. As we know about the Olympic Games, this is a platform of maximum countries of the world to meet together for sports. So Olympic Games are the best representatives of all games and sports competition at various levels. Present article explains the ratio of women's participation in Olympic Games and their trend. Some women i.e. Karnam Malleswari, Saina Nehwal and M.C. Mary Kom won the medals in Olympic games. On the basis of this trend we can say that, the women's participation in sports will be equal to men's near the mid of this century in Olympic Games.

Keywords: Women, Sports, Participation, Physical Activity, Olympic Games.

1. Introduction

'Women in Sport' has been a topic virtually ignored by most scholars and thus female sport participation has been a relatively undeveloped area of research. Sex role, stereotyping, male research bias and the reward structure of society have contributed to this neglect. Currently, sport for women represents a fast growing changing element in culture, and recent trends have sparked a need for knowledge about the female sport participation.

However, despite the prevalence of campaigns promoting the health benefits of physical activity, participation rates remain low in some groups. Numerous social and environmental factors affect participation. Gender, age, level of education are some of the variables identified that influence participation in sports and physical activity.

Sport is an integral part of the culture of almost every nation. However, its use to promote gender equity and empower girls and women is often overlooked because sport is not universally perceived as a suitable or desirable pursuit for girls and women. Existing social constructs of masculinity and femininity or socially accepted ways of expressing what it means to be a man or woman in a particular socio-cultural context play a key role in determining access, levels of participation, and benefits from sport.

As women were supposed to be and in some areas of India are still thought to be cursed by some strata of society their birth was seen as a burden. Women in particular, women in sport

leadership can shape personality towards women's capabilities as leaders, especially in traditional male areas. Women's participation in sport can create a substantial contribution to social life and tradition development. In all this procedure women do not have any say they induce to do according to the wish of their husbands even if she does not desire to abort her have any alternative. With the help of these social reformers, women of India slowly started seeing her true potential. She set about questioning the rules set down for her by the society. The Indian woman's focus of this is a new Olympic, constructed along a former industrial site at Stratford in the NEXT OLYMPIC SPORTS. The Games also make employment of many venues which were already in place before the bidding. Researchers that surveyed the content of numerous issues in a variety of sport Magazines came to the general conclusion that women's sport.

2. Changing trend of Women's participation in sports

Here sports participation of women means women's participation in the field of sports. As a matter of fact, women's participation in sports has a long history. In the ancient Olympics women were not allowed to watch the sports competition. Even in the first modern Olympic games (1896 Athens) there was no participation of women. Women first started to participate from Paris Olympic Games 1900 onwards. In this Olympic only 22 women participated in 2 sports events. With the passes of time, the number of women participants in Olympic Games was persistently increased and exactly after 100 years i.e., in 2000 Sydney Olympics the number of women participants increased up to 4069 (38.2% of total athletes).

The participation in Olympic Games of women's is revealed their interest and awareness of game & sports and physical activities. According to the data of Olympic Games we can see the ratio of women events is increasing in every Olympic Games to compare the men events, that's prove the participation of women athletes is not less than men athletes.

In last Olympic Games there were 140 events for women's out of 304 events, there were lesser events in comparison of men's, and after that 45% of women athletes were participated, which is good strength itself.

3. Sports participation of women in India

The status of women in India has been subject to many great changes over the past few millennia. With a decline in their status from the ancient to medieval times, to the promotion of equal rights by many reformers, the history of women in India has been eventful. In modern India, women have held high offices in India including that of the President, Prime Minister, Speaker of the Lok Sabha and Leader of the Opposition. Several Indian women have participated in the Olympics in the past. First time only four Indian women were participated in 1952 Olympics (Helsinki) in athletics. The first Indian woman to ever win an Olympic medal was Karnam Malleswari who won a bronze medal at the Sydney Olympics in the Women's 69 kg category in Weightlifting. After that in 2012 London Olympic Games Saina Nehwal (Badminton) and M.C. Mary Com (Boxing) secured one bronze medal each. Several Indian women have participated in the Olympics in the past. Currently the total is 5. Five women from



India have won an Olympic medal and their names are as follows:- Karnam Malleswari, Mary Kom, Saina Newhwal, P.V. Sindhu & Sakshi Malik. Sakshi is a Freestyle Wrestler and she won the nation a Bronze in the Rio 2016 summer Olympics. Information for the rest can be found below.

Mary Kom (in red) vs Nicola Adams at the London 2012 Summer Olympics In the London Olympics, women's boxing was featured as a sport for the first time. India was represented by five-time world champion Mary Kom who was the only Indian to qualify for the event. However, she lost to Nicola Adams of the UK in the semi-final. She stood third in the competition and earned herself an Olympic Bronze medal. Sakshi Malik became the first Indian woman to win a medal in Wrestling. She won the Bronze medal in Women's 58 kg freestyle wrestling in 2016 Summer Olympics held in Rio. Saina Nehwal was the first Indian to win a medal in Badminton at the Olympics, by winning the Bronze medal at the London Olympics 2012 on 4 August 2012. Geeta Phogat became the first ever Indian woman to qualify for the women's 55kg wrestling in the London Olympics 2012. Women's wrestling was announced in 2004.

P.V. Sindhu became the first ever Indian woman to win the Silver medal at the Olympics, by reaching the Badminton final at Rio Olympics 2016. However, she lost to Carolina Marín of Spain in the final on 19 August 2016. She became the youngest Indian woman to win an Olympic medal.

Through P.T. Usha could not won the medal in 1984 Olympics in 400mt. hurdle race, yet that was her remarkable and extraordinary performance. Infact, there is a long list of Indian female athletes who won various positions in world cups, commonwealth games, asian games etc. Among these Anju Bobby George, Sania Mirza, Saina Nehwal, Krishna Poonia, Seema Antil, Garima Chaudhary, Jwala Gutta, Geeta Phogat, Deepika Kumar etc. are the prominent athletes of India.

4. Conclusion

“Sports: A Powerful Strategy to Advance Women’s Rights.”-

Astrid Aafjes.

Though time is changing very fast and situations are improving. A number of sportswomen has been defying the odds i.e., social and psychological hurdles related to participation of women in sports but there is still a lot to be achieved. No doubt the number of women participants in sports is having an increasing trend year by year but it is lesser than to men. There may be number of reasons for less number of women participation in sport. In fact women will have to challenge all the social hurdles with their herculean efforts to enhance their participation in sports. The mind set of persons will have to be changed specially of parents, families, schools, colleges, teachers and administrators. So on the basis of this trend we can say that, the women’s participation in sports will be equal to men’s near the mid of this century in Olympic Games.



5. Suggestions

Government should make a policy for promotion of Specific games in specific areas then there will be better chance of Inclination of Female participation at International Level.

Grants and financial Incentives also given to the various Institutions by the Government must be spent on the Promotion of Women sports.

On the basis of not much better economic and educational level found in the areas under study should be made for promotion of women's sports.

Women should herself be motivated towards their carrier in sports. efforts should be made to remove all the ill-conceived ideas along the society there is a need to awaken the parents.

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