CHAPTER-V

Summary, Conclusions, Findings and Suggestions

“We pass through research from subjective or personal experience to objective, validity and universal applicability”.

—Robert R. Rusk
Chapter-V

Summary, Conclusions and Suggestions

5.0 INTRODUCTION

This chapter deals with summary, conclusions and suggestions for the present study on the basis of analysis and interpretation of data. Summary, Suggestions and Relevant Findings are given below:

5.1 Summary

‘The labour of writing is reduced if the thought is in condensed form’ - C.C. Crawferd.

The main objective of investigator was to examine the different types of reasons towards the indifferent attitude of women, parents and society towards sports. In addition to this, the purpose was also to analyse the economic and social factors responsible for backwardness of sports women sports in Haryana state. Keeping in view the other objective, the theme of the study has been examined.

The thesis runs into five chapters:

5.1.1 First Chapter

The first chapter of the thesis deals with introduction and briefly describes the history of sports, nature of sports, women in sports and women sports in India and Haryana.
Sports are concrete form of creating activities, which are independent objectiveness and pleasing. The development, preservation, balance and health of a person depend upon the physical fitness physical fitness can be achieved through physical exercises only. Sports and game are one of the sources of it. Male and female also need physical fitness for the development of nation. Physical fitness and sports are very important in the life of a person. In the following subtitles the importance of sports and physical fitness can be evaluated to provide the all-round development to an individual i.e. physical development, inspiration in free thinking, helpful in education, perennial source of pleasure, formulation of character, proper use of leisure time, development of special consciousness etc.

According to Ron Dickening

“Sports is the most precious commodity we can handover to the next generation.”

According to Hippocrates

“Sports is a preserve for health.”

Sports are as old as the life of man but the participation of women in sports has been prevalent for last few decades.
In ancient time, women’s main activities were dancing and to honour the male heroes by garlanding them. According to some male women are not meant for sports. They should be remain at home.

But for all-round development, sports are require for girls also.

Now a days all sports are open for women. Now girls can play wrestling, boxing, judo, cricket, hammer throw also.

But conditions of women in India are still very poor in many communities due to social, economical, political and religious reasons.

In India, Haryana state is quite backward in women’s sports in comparison to other states. Due to some reasons and myths the attitude towards sports is less positive.

**Attitude:**

Attitudes refer primarily to the favourability of our feelings toward particular targets.

Attitudes are over evaluative (good/bad) feelings toward particular targets, they are affective or emotional. This evaluative or affective quality is probably the most important characteristic of the concept of attitudes.

An attitude is “a predisposition to behave in a particular way towards a given objects”.
Statement of the Problem

"A COMPARATIVE STUDY OF RURAL AND URBAN SPORTSWOMEN IN RELATION TO ATTITUDE TOWARDS SPORTS WITH SPECIAL REFERENCE OF HARYANA".

OBJECTIVES

➢ To compare the indifferent attitude of women towards sports among the rural and urban areas of Haryana.

➢ To analyse the prevalent myths in the present society.

➢ To find out the problems which create hindrance in the way of sports involvement among female.

➢ Study of sports facilities for women in rural and urban areas of Haryana.

➢ To study the general attitude of Head of Institutions/Organisation and government offices.

➢ To compare the standard of sports among rural and urban areas of Haryana.

➢ To study the economic and social factors responsible for backwardness of women sports in Haryana state.
HYPOTHESES OF THE STUDY

➢ In rural areas the girls are more talented in sports activity due to their good physical fitness level in comparison to urban areas.

➢ In rural areas people are less aware about female participation in sports in comparison to urban areas.

➢ In the rural areas of Haryana, there is less participation of women in sports activities due to lack of sports facilities i.e. stadium, sports equipments.

➢ Sports are considered not a means of livelihood but a wastage of time and recreational activity.

➢ In Haryana state women are indifferent attitude towards sports due to lack of parent’s awareness, poor economic conditions and social factors.

SIGNIFICANCE OF STUDY

In comparison to other states Haryana State is still lagging behind in women sports. In Haryana the attitude of sportswomen towards sports is indifferent. It may be due to economic factors, socio-economic status and some social aspects. Haryana needs more awareness for women sports from parents’ side. The researcher found out the drawbacks or
indifferent attitude of rural women and urban women towards sports and how it can be developed in both the areas i.e. rural and urban.

**DELIMITATION OF THE STUDY**

- The study is purely for girls of 15 to 22 age group of rural and urban areas of Haryana state.
- Only one tool was used for data collection i.e., structured questionnaire.

**5.1.2 CHAPTER-II**

Chapter-II deals with review of literature regarding attitude of sportswomen, parents, society towards sports and issue for promotion of girl’s sports and relevance has been brought out.

**5.1.3 CHAPTER-III**

The Chapter third explains the methodology or plan of the study and highlights the details about the research procedure followed in conducting the study.

**Population:** The population of the present study consisted of rural and urban sportswomen studying in rural and urban areas of Haryana state.

**Sample:** The sample comprised of 360 sportswomen, 180 from urban and 180 from rural areas of Haryana state, using random purposive sampling method.
Tools Used: A structured questionnaire was used for the present investigation.

Statistical Techniques Used:

Mean, S.D., ‘t’ ratio, Chi-square and Percentages were computed to study the difference between the attitude of rural and urban sportswomen towards sports.

5.1.4 CHAPTER – IV

The fourth chapter explains the results and discussion. The comparison of both groups on attitude towards sports have been presented in this chapter.

5.1.5 CHAPTER – V

The present chapter deals with summary, conclusions, findings and suggestions. This is the last chapter of the thesis.

In last, bibliography and appendices are consisted.

5.2 FINDINGS/CONCLUSION

The findings can be summarized as follows:

5.2.1 Conclusions based on matrimonial status of rural sportswomen and urban sportswomen.

➢ 61.6 per cent rural respondents were found married at an early age as compared to urban sportswomen. It shows that
girls are dropped out from school and sports due to lack of awareness of parents and society. So it is clear that rural girls have indifferent attitude towards sports due to lack of awareness of parents.

5.2.2 Conclusions based on father’s occupation of respondents it is concluded that farming is the main profession in rural areas.

- 56.67 per cent respondents father were farmer in rural areas.
- In case of urban respondent, service and business were the main profession of their father.
- This shows that economic condition of rural respondents is poor as compared to urban respondents. So rural girls have indifferent attitude towards sports due to poor economic condition.

5.2.3 Conclusions based on mother’s educational level of respondents

- Mothers are ideal teachers and informal education given by home is most effective and natural. In modern sociology also, it is said that family is the primarily institution which helping children in becoming good human being, good citizen of the nation. Thus, it is clear that there can be change in attitude of child in early age.
The results show that mother’s educational levels of rural respondents were low as compared to urban respondents.

In rural areas, 11.11 per cent were graduate and only 4.44 per cent were postgraduate. On other hand, in case of urban respondents, 22.22 per cent were graduate and 8.33 per cent were postgraduate.

The results show that in rural areas, sportswomen have indifferent attitude due to lack of education of mother.

5.2.4 Conclusions based on Game participation level of respondents

It is concluded that game participation level of urban respondent is better than rural respondents but rural girls were more talented in sports.

Kabaddi is more popular game in rural areas on other hand, cricket and basketball are more played in urban areas.

5.2.5 Conclusions based on parental attitude of respondents

Out of 180 rural respondents, 44.44 per cent respondents told that parents have favourable attitude towards them. On other hand, out of 180 urban respondents, 44.44 per cent respondents told that parents encourage them whenever they like to go to play. It is concluded that rural sportswomen
have indifferent attitude towards sports due to parent’s discourageness.

- Family economic condition plays a vital role for development of positive attitude towards sports. The rural respondents possess relatively low level of economic condition of family as compared to urban respondents. Hence, it is concluded that rural sportswomen have indifferent attitude towards sports due to family economic conditions as compared to urban sportswomen.

- Parents of rural sportswomen were found negative toward sports practice. And parents of urban respondents were found more positive than rural respondents. So urban respondents have positive attitude towards sports as compared to rural sportswomen. Both groups of rural and urban sportswomen differ significantly in respect of ‘parents have orthodox views towards sports’. It is observed that the Mean value of rural respondents is less than the Mean value of urban respondents (Table 4.14). It is clear from the results that rural sportswomen have indifferent attitude towards sports due to parent’s orthodox views.
It is concluded that parents of rural sportswomen discriminate between them and their brothers in respect of sports as compared to parents of urban respondents. So the rural respondents have indifferent attitude towards sports due to parents’ discrimination.

It was found that parents of urban respondents were more co-operative as compared to rural respondents. The obtained ‘t’ score is 4.5801, which is highly significant at 0.01 level of significance (Table 4.16). So urban respondents have more positive attitude towards sports in respect of parent’s cooperation.

5.2.6 Conclusions based on Societal Attitude

It is concluded that society does not give respect to the sportswomen. 952.78 + 25 per cent rural respondents were agreed and 43.89 + 33.89 per cent urban respondents were also agree. Both groups were similar on this factor. The ‘t’ value comes out to be 1.1005, which is not significant at 0.05 level of significance. Hence, it is concluded that these two groups of sportswomen have indifferent attitude in
respect of ‘Society does not give respect to the female players’.

- Social factors are also important for the promotion of positive attitude of women sports especially in rural areas (Table 4.17).

- It can be interpreted that both groups of sportswomen slightly differ in respect of attitude of Principal is indifferent due to lack of funds, proper facilities were not available in school, colleges due to lack of funds. So urban and rural girls have indifferent attitude due to ‘Attitude of Principal is indifferent’

5.2.7 Conclusions based on related myths towards sportswomen.

- Myths like sports spoil the beauty are not exist now. The Table 4.20 showed that both groups have similar attitude in respect of ‘Sports spoil the beauty and femininity. So it is concluded that both groups of sportswomen have positive attitude towards sports. The ‘t’ value comes out to be –3.4109, which is not significant at 0.05 level of significance.
Myths like menstruation cycle of sportswomen become irregular and painful was rejected by sportswomen of both groups. On this factor the ‘t’ score being 1.4593, which is not significant at 0.05 level of significance. Both groups were found similar on this factor. So it is concluded that both groups of sportswomen have more positive attitude towards sports in respect of "Menstruation cycle of sportswomen become irregular and painful”.

Myths: Society thinks sports make women unable to produce children, makes rough and tough are not exist now, because mostly respondents against these myths. The results indicated that both groups of sportswomen have positive attitudes towards sports in respect of these factors.

5.2.8 Conclusions based on parent’s attitude towards male coach and male teachers

It is concluded that the parents of sportswomen have negative attitude towards male coaches and male teachers. Both groups are similar on this statement. The ‘t’ value comes out to be 0.8479, which is not significant at 0.05 level of significance (Table 4.23).
The results indicated that the parents of sportswomen think that male teachers and male coaches take undue advantages from sportswomen during the course or training. So sportswomen have indifferent attitude towards sports in respect of “parent’s attitude towards male teachers and coaches”

5.2.9 Conclusions based on settlement of marriage of sportswomen

- It is concluded from the Table 4.24, that both groups of sportswomen differ significantly in respect of “Sports do not create problem in settlement of marriage”.
- The ‘t’ value comes out to be 2.4350, which was not significant at 0.05 level of significance (Table 4.24).

5.2.9 Conclusions based on motivational factors

- It is observed that motivation is the most important factor for development of positive attitude. And positive attitude helps to participation in sports. The Table 4.25 showed that 44.45 per cent rural respondents were motivated by teachers. On other hand, 16.67 per cent urban respondents were motivated by teachers. It is concluded that teachers do not encourage
much to urban respondents. In rural areas friends encourage much to girls as compared to parents.

5.2.10 Conclusions based on Hesitation

➢ 57.78 per cent rural respondents told that they hesitate to play due to social bindings, 11.67 per cent due to insecurity.

➢ Rural respondent also have indifferent attitude more due to social bindings. They also feel insecure while to go to play.

44.44 per cent respondent told that they hesitate to play game due to insecurity.

➢ So it is proved that the girls are required more security for promotion of positive attitudes of sportswomen (Table 4.26).

5.2.11 Conclusions based on reason for playing game.

➢ It is clear from the results, in case of rural respondents, 82.22 per cent respondents participates in games or sports for getting job (Table 4.28).

➢ Similarly, 54.45 percent urban respondents told that they participates in games or sports for getting job.

➢ So it is concluded that rural sportswomen have more positive attitude towards sports in respect of “Playing for getting job”
5.2.12 Conclusions based on society outlook

- It is observed that society outlook should favourable. Society can help in developing proper social environment conductive to promotion the positive attitude of women and achieving the desired level of excellence at sports area, most of respondent were not participate in games and sports because society’s outlook was not favourable (table 4.29). It is clear that rural sportswomen have indifferent attitude towards sports due to society’s orthodox views as compared to rural sportswomen.

5.2.13 Conclusions based on behaviour of coaches.

- 63.33 per cent rural sportswomen were found satisfied with the behaviour of coaches, while 47.78 per cent urban respondents were also satisfied with the behaviour of coaches (Table 4.31). The calculated Chi-square value is 13.155, which is highly significant at 0.01 level of significance. So it is concluded that these two groups of sportswomen differ significantly in respect of “Behaviour of coaches”.
5.2.14 Conclusions based on attitude of sportswomen in respect of “Shyness while playing”

- The Table 4.32 indicated that 58.89 per cent respondents feel shyness while playing, on the other hand, only 40.56 per cent urban respondents feel shyness while playing. This percentage i.e. 40.56 is lower than the 58.89 per cent for rural sportswomen. The calculated value of Chi-square is 12.11 with 1 df, which is highly significant at 0.01 level of significance.

- Hence, it is concluded that both groups of sportswomen differ significantly in respect of “shyness while playing”. So urban sportswomen have positive attitude in respect of this factor in comparison to rural sportswomen.

5.2.15 Conclusions based on Hesitation to play with opposite sex

- According to Table 4.33, the calculated Chi-square value is 13.88 and df is 1, which is significant at 0.01 level indicating that both groups differ significantly.

- So it is concluded that both groups have positive attitude towards sports in respect of “Hesitation to play with opposite sex”.
5.2.16 Conclusions based on Attitude of Sportswomen in Respect of People Thinking

- It is concluded that the rural respondents have more positive attitude in respect of “Do you think that the people will make fun while you play”. The value of Chi-square is 8.108, which is significant at 0.01 level of significance. It indicating that both groups of sportswomen differ significantly on this factor.

- Hence, it is concluded that sportswomen of both groups do not feel shyness while playing the game (Table 4.34).

5.2.17 Conclusions based on the interest to watch the game on T.V.

- The Table 4.36 showed that 57.22 per cent rural respondent have interest to see the game of their choice whenever it display on T.V. while 60.56 per cent urban respondent were also found the interest to see the game of their choice whenever it display on T.V. The Chi-square value is 11.777 and df is 1, which is significant at 0.01 level of significance indicating that both groups differ significantly. Hence, it is concluded that urban sportswomen have more positive attitude towards sports in respect to “watch the games on TV”.
5.2.18 Conclusions based on Attitude of sportswomen towards participation of women in sports

- The Table 4.37 indicated that 55 per cent rural respondents have favourable attitude in respect of more participation of women in sports, while 54.44 per cent urban sportswomen have favourable attitude in respect of this factor. The Chi-square value is 3.461 with 1 df, which is significant at 0.05 level of significance.

- It is concluded that both groups have positive attitude towards sports in respect of this factor, but a little difference was found among these groups.

5.2.19 Conclusions based on Attitude towards Facilities Provided by Principal

- It is concluded that both groups of sportswomen have indifferent attitude due to available facilities provided by principal of college/college, where they studied (Table 4.38).

5.2.20 Conclusions based on Attitude towards family encouragement

The table 4.39 showed that 60 per cent respondents were viewed that “Their family is not encouraging them to participate in sportswomen, while only 47.78 per cent urban respondents were viewed that “their
family is encouraging them to participate in sports”. The calculated chi-square value is 8 which is significant at 0.01 level of significance. So, it is concluded that rural sportswomen have indifferent attitude towards sports due to discourageness of family.

5.2.21 Conclusions based on Attitude in respect of “Proudness for eminent sportswomen”

- In case of urban sportswomen, 65.65 per cent respondents feel proud for eminent sportswomen, while 58.88 per cent rural respondents feel proud for eminent sportswomen. Both groups have positive attitude towards sports in respect of proudness for eminent sportswomen. But these two groups of sportswomen differ significantly on this factor.

So at last, it is concluded that sportswomen of both groups have positive attitude towards sports but they have indifferent attitude towards sports due to lack of funds and facilities i.e. stadium, sports equipments, society’s outlook unfavourable lack of jobs, family discouragement etc. Every girls has a right to an environment which provides for their physical and personal safety, in which they feel physically and personally safe.
It is concluded that for promotion of positive attitude among rural and urban sportswomen, the parents, teachers, coaches and society should become more positive towards women sports as well as sportswomen.

5.3 SUGGESTIONS FOR DEVELOPMENT OF POSITIVE ATTITUDE AMONG SPORTSWOMEN OF RURAL AND URBAN AREAS:

- Experienced coaches should also be appointed in rural and urban areas for development of positive attitude of sportswomen and for promotion of women sports. Lady coaches and lady physical education teachers should be appointed in rural and urban areas.

- Proper sports environment should be provided for development of positive attitude among sportswomen in rural areas and urban areas.

- The physical education as a subject should be compulsory for every child in schools of rural and urban areas, which can help in developing the positive attitudes towards sports.

- One game should be compulsory for each girl in every school, like China, for promotion of positive attitudes towards sports among sportswomen.
➢ Women sports competitions should be organized in rural and urban areas of Haryana state and all sports competitions should be more attractive especially in rural areas for promotion of positive attitude towards sports among sportswomen.

➢ Media can play an important role to promotion of positive attitude in sportswomen, so media should be given proper coverage for each sportswomen.

➢ Suitable facilities i.e. playing fields, swimming pool, ski slopes, Golf courses, synthetic tracks and proper funds should be provided for women. This will help to develop the positive attitude towards sports in rural and urban areas of Haryana.

➢ Sports facilities should be provided equally to rural sports women and urban sportswomen. This will also help them to develop the positive attitudes among sportswomen.

➢ All the principals of different school and colleges should be provided more funds and incentives, which can helpful for promotion of positive attitude among sportswomen.
In every type of job, there should be reserved the seats for sportswomen separately. This will help in promotion of positive attitude towards sports among sportswomen.

Government should make special policy in services for sportswomen. This will improvement in positive attitude towards sports among sportswomen.

In the security point of view, sportswomen feel insecure while go to practice. So security guards should appointed in the stadium and near play grounds. This will help to promote the positive attitude towards sports among rural and urban sportswomen.

Society’s outlook should be favourable towards sportswomen. Most of respondents told that society’s attitude is not positive but parent’s attitudes were more positive towards sports. Sympathetic attitude of society towards sports and sportswomen can help to develop the positive attitude among sportswomen. Society should give special honour to sportswomen and provide favourable environment for girls.
Parents should also be positive towards sportswomen and encourage the sportswomen. Many girls are married at an early age and they dropped out from school and sports due to lack of awareness of parents, illiteracy and early marriage. So parents should literate and more aware about women sports. This can also help to promote the positive attitude among sportswomen.

The sports interests of girls can improve if parents encourage their girls and coaches and teachers should take more interest in women sports.

The findings of the study are likely to prove of immense importance to the sports person, physical education teachers, coaches and others who are concerned with the sphere of sports.

It is felt that in achievement the rural sportswomen need extraordinary attention. In their case the teachers and coaches ought to take personal interest in each and every sportswomen. Discipline should necessary prevail in the playgrounds should be made quite interesting. Awards or rewards should be a regularly recurring feature in order to fiercely engage the sportswomen in the sportive process and it is found sportive process and it is found to
help in better achievement. And better achievement can improve in positive attitudes.

- Interest in sports of rural sportswomen has been found to be distinctly lower than urban, reason for this is obviously the look of conductive environment and an adequate provision of sports equipments, proper guidance, counseling motivation can make up this deficiency. The coaches and physical education teachers have a role cut out for himself in this regard are the kingpin in the sports process. Their method of coaching is of paramount importance it has to be made absorbingly unsteady so that the sportswomen are able to improve their attitude towards sports.

- Audio-video cassettes have to be provided to the sportswomen and they are to encouraged to participate in cultural activities, games and sports activities in order to develop their attitude, which is likely to be a great help in develop the positive attitude. Proper guidance and counseling motivation is found to make them aware of immense possibilities where from they are enabled to select a right kind of sports career at the right age.

In addition to above the parent’s attitude, teachers and coache’s attitude, economic conditions, social environment should be positive and
better towards sports and sportswomen. The whole personality is depended on the attitude. Attitude of sportswomen changes gradually as they mature in sports. In today’s era when we are entering into 21st century, the position of sportswomen is uncertain. They are also future of country. They are tomorrow’s politicians, actress, teacher, doctor, engineer and coach. So today’s sports system must be based on the attitude of sportswomen. The many ills that our society as a whole is suffering today, are mainly due to crisis of attitude. Some sportswomen are indifferent attitude towards sports due to poor economic conditions, parent’s attitude, society’s outlook and lack of facilities.

Keeping in view the great significance of attitude in life of sportswomen, so investigator decided to studies the attitude of sportswomen towards sports.

Suggestions for Further Study:

The investigator suggests that further research in this area can be undertaken on the followed guidelines.

1. A similar study can be done on a large samples.
2. A similar study can be done on sportswomen in other status.
3. A study can also be taken on non-sportswomen in relation to attitude towards sports with special reference of Haryana.
4. A useful study can be taken in other educational courses like computer education, engineering etc. where attitudes of students can be compared.

5. A useful study can be conducted on sportsmen and sportswomen in relation to attitude towards sports with special reference of Haryana.

6. A study can also be conducted on society’s attitudes towards sportswomen.

7. A useful study can also be taken on attitudes of institutions towards sportswomen in Haryana state.

8. A study can be done on the rural non-sports girls in relation to attitude towards sports in Haryana state.