CHAPTER-II

Review of Literature

'The work of A.B. and C has discovered this much about questions: the investigation of D has added this much to our knowledge. I propose to go beyond D's work in the following manner'

--C.V. Good
Chapter-II

Review of Related Literature

In this chapter, an attempt has been made by the investigator to present a brief review of the related studies on rural and urban sports women. Women sports has been one of the exclusive characteristics of Indian society since time immemorial. In spite of the major changes and technological advancements. The women sports has continued to be an important feature of Indian social life. Women sports has attracted the attention of social scientist’s and journalists and has become one of the most important topics of research for social scientists. But it is very surprising, that view of the literature on attitude of sportswomen towards sports reveals that contribution of social psychologists and physical educationists is meager and compared to the work done by anthropologists and sociologists. As a result, the importance of psychological factors in understanding various phenomena and problems related to the womensports/sportswomen has not been fully understand in its proper perspective. The exiting researches are directly or indirectly related to the present study may be classified under following broad categories:

1. Studies related to attitude of sportswomen towards sports.
2. Studies related to sports achievement.
3. Studies related to participation of women in sports

The review of related literature gives the researcher in understanding of the research methodology which refers to the way the study is to be conducted. It helps the researcher to know about the tools and instrument which prove to be useful and promising in the previous studies. The advantage of the related literature is also to provide insight into statistical methods through which validity of results is to be established. The specific reason for reviewing the related literature is to know about the recommendations of previous researcher for further research which they have listed in their studies. The brief discussion of studies in the field, made by some prominent psychologists, sociologists and researchers are discussed here and following literature is related to the present study:

Dudly, Allen and Sargeant (1912) observed that in the United States one of the early advocates of physical exercise and sports for women was physician. He stressed on the need and importance of sports activities for women. Sargeant’s arguments for restructuring of athletic activity for women found favour with many: Some of the specific mental and physical qualities which are developed by athletics are: increased
power of attention, will power, concentration, accuracy, alertness, quickness of perception, judgement, for bearance, patience, discipline, self control loyalty to leaders, courage, strength and endurance etc.¹

Herbert and Terry (1918) pointed out about the exercise and heavy training for females. Only in recent years have females begun to participate to any great extent in physical conditioning programs or competitive athletics. The females respond similarly to men to a conditioning program and derive the same health benefits. With respect to high-level competition, women come much closer to the men’s records than men would have supposed only a few years ago. Yet, there are some dramatic differences in female responses. For Example, women had long avoided weight training for fear of developing bulging and unsightly muscles. However, the truth of the matter is that the females response to weight training is very different from the male’s, probably because of endocrine differences intense weight training at a level that brings about large and well-defined muscles in the male only serves to enhance the strength and power of the female, with only slight increases in muscle bulk. The conventional wisdom that prohibited heavy weight training for women because it would lead to masculineness was probably the result of someone observing that some highly successful female athletes were unusually muscular. What probably happened was that women who were
extremely muscular by genetic endowment were more likely to pursue
and succeed in athletic careers.²

Theobald (1936) stated over six decades ago: "I am convinced of
two things: (a) that physical activity is as good for women as it is for
men. (b) that excess exercise is more harmful to women than to men. It
must of course be axiomatic that nothing can be good for a girl’s body
which renders her less capable of motherhood."³

Cozens and Stumps (1953) stated that sports and games provide a
touch stone for understanding how people live, work, think and also serve
as a parameter of a nation’s progress in civilization.⁴

Skubic (1956) reported results of four questionnaires aimed at
ascertaining parental attitudes toward little league play. In general,
parental attitudes were quite positive toward that activity.⁵

Maston (1963) in his analysis of a nation at play revealed the stuff
of the social fabric and value system and tells us much about other
political and economic factors.⁶

Brown (1965) investigated attitudes towards female role as cheer
leader, sexy girl, twirler, tennis player, feminine girl, swimmer, and
basketball player. In general the athletic roles were deemed less desirable
than the other female activities by both college male and females.⁷
Oglesby (1966) in his study stated that, however, studies have been conducted to better elucidate the training adaptations of females. While the data are still sparse there appears to be no great gender difference in training responses with respect to intensity threshold (29), duration (55) or the magnitude of response (4, 6, 49). Thus the principles just discussed appear to apply equally well to both genders Oglesby further indicates that bipolar trait definitions of the two genders imply that males are active, aggressive, public, cultural, rule governed, instrumental, goal oriented, organized, dominating, competitive and controlled. In contrast females are viewed as passive, submissive, private, nature, idiosyncratic, expressive, chaotic, disorganized, subordinate, cooperative and uncontrolled. When a female chooses to be active, aggressive and goal oriented and to engage in instrumental behaviours, she is at risk for experiencing role conflict. He further indicates that bipolar trait definitions of the two genders imply that males are active, aggressive, public, cultural, rule governed, instrumental, goal oriented, organized, dominating, competitive and controlled. In contrast, females are viewed as passive submissive, private, nature, idiosyncratic, expressive, chaotic, disorganized, subordinate, cooperative and uncontrolled.
Leonard, Wankel and Kessy (1971) in their study on ‘female participation in sports’ also concluded that although progress has been made in providing greater opportunities for female participation in sports, girls are still at a disadvantageous position in terms of sports opportunities in comparison to boys.  

Champion figure Skater Sonja Henie (1972) explain her attitude ‘I am strong, I am invincible, I am women’.

Loggia (1973) in his study stated that Agnes Wayman, President of American Physical Education Association, speaking at their annual meeting ‘External stimuli such as cheering audiences, bands, lights etc. cause a great response in girls and are apt to upset the endocrine balance. Under emotional stress a girl may easily overdo. There is widespread agreement that girls should not be exposed to extremes of fatigue or strain either emotional or physical.

Ross (1973) in his study “Hindu families in rural structure has presented some facts in relation to the present study and according to the interviews of the families, there are hopes for the children, some families take been interest in the sports and education of their children. The short analysis indicates the interaction of structure of family, sports and education. Beloygma observes that it is the result of a number of
interacting factors which combine in various ways and weights. A single cause cannot be isolated from the following operating factors:

1. Less participation in sports due to families doing petty business.
2. Due to the health.
3. Parent's educational level.
4. A long distance between home and coaching field of stadium.\(^{12}\)

The WSF (Women sports Foundation) (1974) produced several progressive women leaders including start Billie Jean king shortly after the passage of Title IX and her defect of Bobby Riggs in the ‘Battle of Sexes’ competition. It serves as a national resource network of programme and service for girls and women in sports. Resources such as scientific reports, videos, books and fact sheets are also available to individuals who are trying to promote girls and women’s sports standard in their communities or states.\(^{13}\)

Snyder and Spreitzer (1973) asked a random sample of the citizens of Toledo, Ohio, the question, ‘In your opinion, would participation in any of the following sports enhance a girl’s/women’s feminine qualities.’ Two-third approved or swimming, followed by slightly over half for gymnastics. Only one in seven was positive attitude about sports.\(^{14}\)
Griffin (1973) viewed the results as indicative of no shift in attitudes toward non-traditional roles for women. And he reported that semantic differential responses to the concepts of ideal woman, girlfriend, mother, housewife, woman professor and woman athlete indicated that the later two concepts were least favourable viewed by a large sample of undergraduate students.15

Freeman (1975) reported that there was less encouragement for female player than for their male counterparts, that there was a general climate of ‘male less’ especially in male dominated settings report Bourne and Wiokler (1982).16

Snyder, Kivlin and Spreitzer (1975) found that 65 per cent of college women respondents reported feeling that a stigma is attached to female participation in sport. They asked a large sample of college female athletes: “Do you feel that there is a stigma attached to women who participate in the sport you specialize in?” 58 per cent of basketball players said yes, followed by 47 per cent of track and field athlete, 38 per cent of swimmer and 27 per cent of gymnasts.17

Kulika and Praghan (1976) concluded their studies that there has been an increasing flow of psychological researchers about women in sports. Finding shows that the female athletes profiles to be higher
independence, aggressive, achievement, orientation and dominance than the female non-athletes.\textsuperscript{18}

Kingsley, Brown and Seibert (1977) compared college students attitude toward the concepts of dancer with high and low success aspirations and softball player with high and low success aspirations. Result indicated that athletes, regardless of sport, rated the softball player as more acceptable than the dancer, non-athletes did not rate the dancer significantly higher than the softball player and the softball player was rated significantly higher than the dancer by all subjects.\textsuperscript{19}

Keffer (1978) in an experimental study administered Tennessee elf-concept scale to measure self-concept and cooper’s test to measure cardiovascular fitness of adolescent boys. Results showed improvement in the self-concept and cardiovascular fitness after participation in a running programme. The higher fitness groups showed more positive attitude initially than the low fitness group.\textsuperscript{20}

Synder and Spreitzer (1978), in a comparison of the attitudes of high school girls participating in sports or music, found no real stigma attached to female participation in sports. Female athletes were as adjusted as the female non-athletics in this study.\textsuperscript{21}

Anand (1979) investigated the role of organisation and administration of University sports and dealt with such factors as well as
concerned with planning, human relations training of personnel, sports, facilities, sports competitions, recreational programmes, scientific aspects of sports, budget making, introduction of physical education as compulsory or elective subjects, administrative set up in universities and college, affiliation of association of Indian universities (A.I.V.) with national sports federations, incentive for girls and boys and other relevant connected matters. He considered the above stated points as necessary steps for a country which would like to make work in international sports.22

Sage and Louder milk (1979), in a study of college female athletes, reported that 26 per cent of these women reported great or very great role conflict.23

Ree and Andres (1980) found no significant grip strength differences in 4 to 6 year old boys and girls through 72 percent of their respondents reported that boys are stronger.24

Lashuk and Taerum (1980) used a semantic differential technique to evaluate four concepts: male, male athlete, female, female athlete. Subjects were students from seven grade, tenth grade and college classes and all subjects were positive toward both male and female athletes. In fact, female athlete was the highest rated of the four concepts.25
Pandey (1981) studied the socio-cultural factors, which determined the academic achievement of high school rural girls student. Total 264 students were selected belonging to rural areas for the collection of data. Rural students especially girls students suffering from, poor economic conditions, lack of educational and sports opportunities due to socio-cultural backwardness, negative interaction experience with other students, teacher’s indifferent attitude led to their low achievements.

Singh (1981) studied achievement, thinking, interpersonal values, interests, attitude toward society and opposite sex and personality traits of rural women. Majority of girls suffered from fear, anxiety and lack of self-confidence Teachers also feel that they (rural girls) suffered from an inferiority complex. These girls’ students also suffered from anxieties, uncertainty about future, unpleasant dreams, inferiority and indecision regarding vocation. They have positive attitudes towards others, but negative attitudes towards society and opposite sex.

Eitzen and Sage (1982) provided additional information concerning the continuing development of women in Olympics. They noted that in 1976 the time of 9 to 15 year old East German girl in the 400 meter free style swimming event was a full 3 seconds better than American Olympian Don Schollander’s winning time in the same event for men only 12 years earlier.
Coakley (1982) Title IX Legislation, cites four reasons why there has been a demonstrable increase in female participation in sport. One is simply an increase in opportunity. Greater numbers of teams in a broader array of sports are highly noticeable today. Also the fallout created by what might be called the women’s movement has most certainly touched women’s sport. Yet a third force is the fitness boom of the past decade. It has become fashionable for women to workout and fully participate in the fitness revolution. Finally, the presence of role models for aspiring young female athletes is a refreshing addition. Young girls are increasingly being afforded worthy role models in track and field, golf, tennis, swimming, the marathon, and other sports. As Coakley points out, professional athletes are important role models, but they are surpassed in impact by real-life neighborhood or school athletes with whom younger girls can identify.29

Oglesby (1984) cites evidence indicating that parents consistency perceive sex differences between their male and female children even though no objective differences exist.30

Michael, Gilray and Sherman (1984) asked equal number of male and female athletes and non-athletes to evaluate hypothetical female athletes and non-athletes. Athletes and no-athletes of both sexes found the athlete to be more attractive than non-athlete.31
Singh (1985) found significant sex differences in the attitude towards sports of Indian athletes. The females having more positive attitude than the male.\(^{32}\)

Singh (1985) found significant sex differences in the competitive anxiety of Indian athletes, the females having more anxiety than the male. In other study, he (1986) found significant difference in the anxiety scores of athletes and the hockey players on the basis of sex, the male have less competitive anxiety than females.\(^{33}\)

Haferek and Hanick (1985) asked people in a small town in Lowa to respond to a questionnaire related to women and sport and concluded that sports participation by females neither enhanced nor detracted from their image. Another interesting finding was the basketball was not seen in the Lowa study as enhancing or detracting but nevertheless was the sport of choice. In response to the question, “If you had a daughter, what sports would you prefer that she participate in 53 per cent of the respondents cited basketball; no other sport was cited in more than 9 per cent of the cases. The authors concluded that the comparison of the Ohio and Lowa results suggests that traditional, rigid sex role stereotypes were transcended and the opportunity set was dominant.\(^{34}\)

Singh \textit{et al.} (1987) compared the personality characteristics of sportswomen and found sportswomen are more conscientious, more sober
and more trustworthy, more relaxed and having high self-concept control than non-sports women.\textsuperscript{35}

Helen (1927) said that, “No where has the tendency to democratic been greater than in women sports”.\textsuperscript{36}

Singh \textit{et al.} (1981) compared the personality attitude of national women Gymnasts and sportswomen. The subjects (N24) were given questionnaire. The results of study showed that national women Gymnasts were more conscientious, more sober, more trustworthy, more relaxed and having high self-concept control.\textsuperscript{37}

Star (1987) studied and suggested that persons who are aware of and expressive of both the female and male aspects of their personalities have levels of self-esteem that those persons who maintain only male, female or undifferentiated attitudes and behaviours. So how do we as physicians helps girls and women in all levels of sports, athletics and life. The physicians can play a key role in helping the athlete develop the self-confidence through special guidelines.\textsuperscript{38}

Brown (1988), in summarizing a survey conducted under the auspices of the women’s sport foundation and Wilson sporting goods found that as females get older. They view females who play sports as either very popular (55\%) or a little popular (41\%) 78 per cent of the respondents did not think that boys made fun of girls who play sports.
Apparently, females involvement in sports is gaining acceptance with both genders and may actually be positively related to popularity in high-school-age-girls. Overall there have been positive changes towards female involvement in athletics. However, much remains to be done to ensure that women are accorded proper respect for sport participation.\(^{39}\)

Chris Gratton and Alan Tice (1989) in an article on ‘sports participation and Health’ concluded that sport participants seem to be healthier, Read better lifestyles and have a more active attitude to other leisure pursuits than non-participants.\(^{40}\)

Parkash (1990) reviewed women’s attempt to recapture the right to physical expression through sports and examined some of the myths surrounding women’s participation in physical activity, especially competitive sports. He also explored the new stereotype, which were replacing the old myths regarding women and sports.\(^{41}\)

Dudley and Sargeant (1990) who was among pioneers in introducing and promoting physical education and sports for girls suggested that “Women must be encouraged to undertake only those activities which improve upon feminine characteristics, for instance exercises like Bowling, Tennis, Swimming, which broaden the hips - A feminine characteristics”\(^{42}\)
The 1992 report of Minister’s Task Force on federal sport policy states: The participation of females in physical activity and sport declines at a very young age. Fewer school a lot of sports activities to girls; teams are mainly segregated, opportunities are limited to female. Boys teams tend to command the use of facilities. Fuels and conventional practice in sport favour physical strength and development of boys. Sport is based on decades of traditions and practices which favour male participation. Numerous studies have attributed significance of parental attitude and have conditions in explaining less participation of rural girls in sports. Poverty generally has been a legal cause for backwardness of rural girls in sports.43

Srivastan (1992) examined physical education and sports programmes in colleges and universities in India and emphasized the need to bring the entire student population in the fold of physical education and sports activities for achieving high proficiency in games and sports. He recognised that physical education and sports is an integral part of total education and presents a ‘Kaledioscopic-effects’ According it exhibits an infinite variety of ‘human-emotional, out standing physical feats, triumphs, defeats and fantastic exploits which are the parameters of excellence of performance in sports and games.44
Sandhu (1992) while studying women and sports seeking create a sports subculture for women. She revealed how the impact of women’s movement proved to be the root cause for the rise of modern sports for women. She also disclosed some constraints influencing women and sports in a very strong way and also provided a suggestive model to inculcate the idea, that women turned into sports-women sports among women.45

Sandhu, (1992) investigated the present policies of Government in the area of women and sports, proposed some effective measures for performance oriented results sports. She stressed on the need to chalk out alternative survival path intending for a real change in terms of map participation, excellence and better performance, economic gains and social acceptance of women and sports.46

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Sharma and Singh (1992) investigated self-concept of athletes and non-athletes. The data was collected on 170 students (Sportsmen 50, sportswomen 55, Non-sportsmen 50, non-sportswomen 35) drawn from various department of Punjab University, Chandigarh. Self-concept questionnaire of Raj Kumar Saraswat (1984) was used. The data was treated by using t. test to determine the significance of difference between different groups. The results demonstrated that athletes had significantly higher level of self concept than non-athletes.\textsuperscript{48}

Whip and Ward (1993) found that women’s improvements in the marathon timings has been a whopping 61 per cent while men have been pushing up the mark by a 18 per cent rate.\textsuperscript{49}

Sharma (1993) highlighted on some of the long lasting myths towards women as they were considered weaker sex and biologically inferior to men. The myths were: (i) women are less competitive and aggressive (ii) sports spoil the beauty and changes the life style etc. She is not only refuted these myths but also advocated that neither physical exercise nor competitive sports had detrimental effects on pregnancy as sports improve pain-tolerance and result in better endurance during delivery. She quoted some reports that indicated lower incidence of caesarian cases among women who had athletic training. She also stressed on the need of creating a sense of security among women.
through Judo, Karate etc. and by holding national sports festivals for women every year. Sports for women should be presented as an important and basic need similar to education, food clothing and work. She also suggested that Govt. and non-government agencies should give job reservations, loan facilities and other concessions to sports women.\textsuperscript{50}

Hung et al. (1993) examined the association of university status and gender attitude toward games and sports among 1728 subject’s (age level 17-40 years). Analysis of result show that the 912 women were positive attitudes in comparison to 816 men. However no significant difference was found between the 744 university male students and the 984 female students.\textsuperscript{51}

Stucky-Ropp and Dilorezo (1993) found in his study that favourable attitude towards sports also have been positively related to girls participation in sports.\textsuperscript{52}

John (1993) studied and found that the women who concentrate on various forms of physical training are built real beauty, lasting beauty. Beauty is not possible without muscles. So exercise is necessary for ladies.\textsuperscript{53}

Sandhu (1994) observed that women are significantly under represented in management bodies of sports coaching and officiating, particularly at the higher levels. She accepted that women’s positive
experiences, values and attitude could enrich, enhance and develop sports and their participation in sports activities could develop women’s lives. She also stressed on the need of equity and equality of women and achieve higher levels of sports performance. Women should be ensured that competitions opportunities, rewards, incentives, recognition, sponsorship, promotion and other forms of support will be provided fairly and equitably to both women and men. The programme provided by (SPEA) to elementary children is Gymnastics and this is aimed primarily at female students. The programme has already borne its first fruit with one of the students of the boarding school (a female swimmer) being selected for the Israel Olympic team at 1992 Barcelona Games. Another institute, the center for research on girls and women in sport is just getting of the ground at the university of Minnesota as a result of a generous endowment from an alumnus. The centre’s mission is to understand how participation in sport contributes to healthy physical, social and psychological development of girls and women. It’s goals are to specially encourage intra-disciplinary and collaborative research, develop and promote research that counts and disseminate research findings to practitioners who work with girls and women in physical activity settings. Clearly, there are many activity sports organizations and sports individuals who are committed to enhancing girls and women’s
quality of sport experience whether as athletes, coaches, officials or administrators.\textsuperscript{54}

Fox (1993) studied and analysis that in sport, compliance with Title IX focused particularly on equal provision of equipment and supplies, practice and game times, travel, compensation of coaches, publicity, tutoring and other such services, locker rooms, medical and training facilities, housing and dining facilities and financial aid. These are easily identifiable factors and discrimination towards girls and women on the basis of these factors should be easily discernible. Yet, problems related to these factors still exist in many schools, colleges and universities. The more subtle forms of discrimination – negative stereotyping, poor media coverage, under representation in coaching and administration and lack of female role models-will be more difficult to confront and correct.\textsuperscript{55}

Michal et al. (1994) examined the prevalence of depression and attitudes among 464 junior stream secondary school students (aged 12-3 years to 16 years). Comparisons were made between Urban Vs Rural. Results indicates that the girls from rural setting suffered from more depressive symptomatology and negative attitudes than urban girls.\textsuperscript{56}

Sandhu (1994) observed that women are significantly under-represented in management, coaching and officiating, particularly at the higher levels. She accepted that women’s experiences, values and
attitudes could enrich, enhances and develop sports, so also sport participation could develop women’s lives. She also stressed on the need of equity and equality to women to reach their sports performance. Women should ensure that competitions opportunities, rewards, incentives, recognition, sponsorship, promotion and other forms of support are required fairly and equitably for both women and men.57

Jokla and Zokle (1994) have plotted the times for running as they relate to the distance of the event for men and women, using world record time upto 1976. The relationship is simplified by using a double logarithmic plot. The study shows that there is a 11% difference for the 100% meter run, with gradually increasing differences upto 23% slower performance for women on marathon. It is reasonable to assume that the women athletes are selected from a smaller fraction of their total population, so that no physiological conclusions can be drawn. In controlled experiments, arm speed was found to be 17% slower in women than in man. But when the length of the arm was removed as a factor, the gender difference was only 5%. This is probably a good evaluation of true gender differences in speed of movement.58

Weiss and Barber (1995) have taken this line of inquiry to a new level in their study of socialization of female athletes over ten-year period from 1979-89. They found that there were essentially three sources of
encouragement in 1979: Coaches, father and mother. In 1989, this base of support and encouragement had broadened to include six sources: coaches, mother, father, older brother, female friend and older sister. Parental support was rated significantly higher than the other sources by female athletes taking part in collegiate athletics.\(^5^9\)

Tammy Pearman (1995) in an interview with, 9 defender on the U.S. National Soccer Team, got to the heart of this family support issue. Asked about the role played by her family in her choice of sport and subsequent success, Pearman said ‘They (her brothers) were a big influence. To this day my soccer-playing brothers tease me and say I ‘stole’ I didn’t steal them. I just improved on them’’. She points out that her father was a soccer player and her mother ran track, and their influence was considerable: “Although I player soccer, I was really daddy’s little girl in this eyes, it was my mom who took me to practices and motivated me a lot. She (the mother) said, ‘You can do any thing you want. If you think you can fly, you show me you can sprout wings and can take off’”.\(^6^0\)

Ghosh (1995) while interviewing with Karnam Malleshwari, a talented weight lifter – claiming gold medal in the Istanbul World Championship, revealed that we lacked in planning and picking up the women sport at a later stage. Our federations are poor, not like cricket,
tennis etc. We have just a sponsor ‘Hinduja’ which is paying for our camp and kits. For competitions either the government or our employers sometimes foot the bills for airfare and staying expenses. We need more sponsors for the improvement of the game as well as women sports. She is of the view that business houses should come forward and help women sport.  

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Dhaliwal (1996) described in his work the poorer standard of Indian women sports and a few reasons which could be held responsible for this one of the reasons is that sports in India has never been given priority by government. It is evident from the fact that this year’s budgetary allocation for sports has been drastically reduced. Another reason is also significant. The harsh treatment meted out to some of the
country’s top sports persons by persons masquerading of masters of sports and by the common man also calls for close scrutiny. Our seem to be a perverse sporting society. He has quoted Parmjit a 400 meters runner who is next to Milkha Singh “Kya faida hai bhagne ka, jab maloom hai ki itni acchi performance ke bad bhi koi dekhta tak hi nahin hai”. He is not off the mark. Dhaliwal also suggested that sponsorship seems to be the answer to the many problems affecting Indian sports and the sports administration should be least ensure top sportsperson must be given proper jobs.63

Twenge (1997) conducted a meta-analysis of data from studies looking at changes in attitude towards women for the years 1970-1995 and found a substantial liberalization and feminization of attitudes among males and females like, particularly for the time period 1986-1995. Though not based on sport literature perse, these findings suggest that role conflict associated with sport participation is less a problem in recent years that in the past.64

Goyat (2001), investigated the indifferent attitude of rural girls towards sports. The data was collected on 115 rural girls on the basis of data, the main findings are as follows:

- The lack of interest of girls towards sports is big hindrance in the development of women sports.
The parents of 77.38 per cent respondents are not much aware about sports.

Some respondents told that due to hesitation they do not want to play.

3.48 per cent girls do not participate in sports due to poor health.

54.78 per cent of the respondents said that sports competitions are not arranged in our villages or schools.

51.3 per cent respondents stated that they were not participate in games because they feels insecurity while going to the grounds/stadium/schools.

22.60 per cent respondents were o the opinion that proper playground, stadias and modern equipments should be provided by Haryana Government.

69 per cent respondents told that the society outlook was not favourable.

59.13 per cent of the respondents pointed out that in matters of providing jobs and its security to the players, state government must take this responsibility with an open mind.

Some of respondents were of opinion that sports should keep free from politics.65
Freud (2002) asked what does a women want? Bernstein and Warner respond: “women want to be considered as separate, autonomous individuals with their own set of characteristic determine and biologically and stemming from their early infantile relationships. They do not want these characteristics to be pejoratively labelled or considered to be merely a compensation for their damaged anatomy, not less good nor less desirable or less important, merely different.”

The Problem

“Assuming the young women has the opportunity to participate in sports in the first place, the biggest problem she faces is the almost universal stereotype that say women are to be passive, dependent and emotional.”

Stark States

“The parents social class can affect how a young girl perceives athletics/sports is rarely seen as a way out even for lower socio-economic class females, but being stereotypical female to attract a men is.”

Corbin Notes, “There is considerable evidence that many female lack of self confidence in their abilities to perform sports and physical activities, especially in certain situations. This situational lack of confidence is most likely to occur in activities perceived to be sex-role
inappropriate, in activities that are evaluative as well as competitive, and in situations in which performance feedback is lacking or unclear."

Corbin Notes recent research has suggested that Horner’s fear of success may not be as evident among contemporary females as she originally suggested. He further comments that it may be unwise to dismiss this notion entirely, as many females may still feel the need to subvert performance to protect their own feelings of ‘femininity’. Perhaps most important in this regard in helping females to see that physical success is acceptable. One operational definition of femininity is ‘whatever females do. If such a definition were universally held, the problem for females seeking achievement in sport would be greatly diminished.’

**Possible Solution**

To be a success in sports means concentrating, working harder, getting ahead, practicing and establishing self-confidence.

Star introduces the concept of androgency – the possession of both traditional male and female qualities. It is generally agreed that persons who are aware of and expressive of both the female and male aspects of their personalities have higher levels of self-esteem that those persons who maintain only male, female or undifferentiated attitude and behaviours.
So how do we as physicians help girls and women in all levels of sports, athletics and life?

Corbin has suggested guidelines for building self-confidence. The physician can play a key role in helping the athlete develop this self-confidence through following these guidelines.

Women in sports have come a long way. May conducted a pilot study addressing some of the psychological attitudes of 116 elite female athletes who attended training camps at the United States Olympic training centre in Squaw Valley. He found that female athletes have a positive self-concept about their participation in sports, belief themselves to be at least as feminine as their non-athletic counterparts, and possess a positive body image.\textsuperscript{66}

King and Chi (2002) indicated that "female college athletes are significantly more assertive, more conscientious, and more venturesome and independent than their non-athletic counterparts"\textsuperscript{67}

Challip \textit{et al.}, (2002) similarly point out "female athletes have a more positive body image and evidence higher physiological well-being than female non-athletes." Young female athletes may have a 'healthier' approach to sports because they appear to consider the possibilities of positive competitive outcomes more than young men who are motivated more by the avoidance of possible failure.\textsuperscript{68}
Smith (2002) demonstrated that young female athletes exhibit a higher level of sportsmanship than young male athletes, and that young women in general display higher level of sportsmanship than men.69

Sushila (2002) She studied on the topic “A comparative study of personality Traits of sports persons and non-sports persons at college level”. Her study conclude the following facts:-

1) Sports women have more intellectual capacity than non-sports women.

2) Sports girls have mixed tendency and non-sports girls are shy, timid, withdrawing, usually they have feelings of inferiority. They have a limited friend circle.

3) Sports girls are relatively sober, practical, realistic, independent and responsible but non-sports girls need the attention of others.

4) Sports girls can adjust better with crude people and rough occupations Non-sports girls dislike crude people and occupations.

5) Sports gives are more suspicious-self opinionated and hard to fool. Such girls are often involved in their own ego. They are less concerned about other people.

6) Sports girls are nature, unanxious and confident with themselves than non-sports girls.
7) Sports girls are relatively more independent by their temperament. Their decision making is better and they do not dislike people but simple do not need their agreement or support.

8) Sports women are better adaptable, cheerful and good team worker than non-sports women.

9) Female players show a greater tendency towards introversion, greater autonomy needs and tendency to show more creative.

10) Sports women have work realistic view towards live and the better able to maintain group morale.\(^7\)


His study conclude the following facts:

Researcher discussed the respondents’ attitude towards sports. There are:

1. By participation in sports women become joyful and happy.

2. Out of 200 respondents 85.5 per cent were in the favour of sports participation. They were agreed to participation in sports participation. They were agreed to participation in
sports add to women’s sense of alertness, sense of humour and discipline.

3. 52 per cent strongly agreed to the factor ‘participation in sports affect physical growth and fitness.

4. 50 per cent respondents were in favour of sports helps to control emotional tension and anxiety. And all around development of personality takes places through participation in sports.

5. In Haryana sportswomen are aware about sports benefits.

6. In Haryana state parents encourage sportswomen but society discourage sports women.

7. In Haryana state Government does not provide all facilities like grounds, equipment etc. in rural areas.

8. In Haryana state economic conditions is a big hindrance to participate in sports.

9. Positive attitude was observed from the parents of subjects for female sports participation.

10. A favourable attitude was observed from head of institution as well as physical education teachers. 

Ibrahim and Morrison (1976) conducted a study an athletes, representing men and women from both high school and colleges and
compared them to 100 non-athletes in their self-concept and self actualizing traits. In general athletes were found to be average on their self-concept. While male high school athletes differ to some extent from the non-athletes in both self-concept and actualization only female college athletes and male college athletes did not differ significantly from their counterparts.\textsuperscript{72}

Mathew, Thomas and Mathew, Geeta in their study, “Personality Traits of Women Player”, found the following conclusions:

1. The intercollegiate women kabaddi players are more venturesome, experimenting critical, self-sufficient, independent and dominant than the kho-kho-players.

2. Kabaddi players are less apprehensive less relaxed and less anxious than the kho-kho players.

3. Both Kabaddi and Kho-Kho players are normal in factor, humble versus assertive.

4. Women Kabaddi players and Kho-Kho players are reserved, less intelligent, emotionally less stable, sober, conscientious, tough minded, suspicious, practical, shrewdly controlled, introverted and with tough poise.\textsuperscript{73}
EPILOGUE:

It is quite clear from the screened literature that many researches on sportswomen/women sports have been conducted, but the investigator regrets to state that she could not find any relevant study involving the variables included in the present problem. However, it is quite important and timely to take up such in depth studies, which will help physical educations and coaches to plan an integrated strategy for sportswomen related to urban and rural areas. This urged the investigator to attempt an objective study of attitudes toward sports among rural and urban sportswomen.
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