Chapter II.

REVIEW OF RELATED LITERATURE

A serious and scholarly attempt has been made by the research scholar to go through the literature related to this study. The relevant studies of specific importance are cited below:

Masse et. al.\textsuperscript{1} in their article summarizes the findings of an exploratory meeting of 53 experts, brought together under the aegis of the women's health initiative to identify important issues related to measuring physical activity in minority women, women in mid-life (aged 40-75), and older women (aged > 75). The findings address five areas, three dealing with measurement and two concerning the design of surveys: (1) population characteristics to consider when measuring the physical activity of women and minority populations, (2) activity dimensions relevant to physical activity survey, (3) measuring moderate and intermitted activities, (4) designing and administering physical activity surveys for older and minority women, and (5) establishing the reliability and validity of such physical activity.

surveys. Although the focus at the expert panel meeting was on identifying issues related to the measurement of physical activity in women, many issues summarized here can be generalized to children and men. The panel's findings concerning measuring physical activity are timely, as they directly bear on the challenges associated with the physical activity guidelines jointly issued by the centers for Disease control and Prevention and the American College of Sports Medicine and the recommendations made in the Surgeon General's 1996 report, physical activity and health.

Elder et. al.² examined the influence of specific social interactions on immediate physical activity in children with data obtained from the behaviors of eating and activity for child health: Evaluation system (BEACHES). The study examined parental and peer prompting of physical activity at home among 178 Mexican - American and 113 Anglo-American children at age 4 years and again at age 6-5 years. Most activity prompts came from adults interacting with children when they were sedentary. A reduction in the frequency of prompts from baseline to follow-up occurred in the prompter group.

(adult or child peer), gender, ethnicity, and preprompted activity level categories. Children’s responses to these prompts showed that as they aged, they seemed to rely less on the interpersonal (especially adult) aspects of their environment for cues to be more active.

Ballmann et. al.\(^3\) in their study suggested that women participating in exercise, especially traditionally musculine activities, may experience pressures when trying to uphold societal images of the ideal female body. In addition women may feel obligated to maintain traditional female roles while conforming to societal views on female participation in exercise. This research suggests that the Physical Activity Acceptance Scale (PAAS) shows promise as a reliable and valid measure of individuals’ perceptions of women who engage in traditionally musculine sport and exercise activities.

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Ryan et.al.⁴ conducted two prospective studies tested the hypothesis that intrinsic motives for physical activities facilitate long-term adherence. In study 1, participants in two physical activity classes, Tae Kwon Do and Aerobics (N = 40), were compared in their motives for participating using the Motivation for Physical Activity Measure (MPAM; Frederick and Ryan, 1993). Participation motives were also used to predict adherence. Results showed that Tae Kwon Do participants were higher in enjoyment and competence motives and lower in body related motives than those in aerobics. They also showed better adherence. Further analyses revealed that group differences in adherence were mediated by enjoyment motives. Body focused motives were unrelated to adherence. In study 2, subjects joining a nautilus center (N = 155) rated their initial motives on a revised Motivation for Physical Activity Measure (MPAM - R). They also rated workout length, challenge and enjoyment after each exercise session. Results revealed that adherence was associated with motives focused on enjoyment, competence and social interaction, but not with motives focused on fitness or appearance. Post-workout ratings of

enjoyment also predicted adherence. Discussion focuses on the importance of intrinsic motivation for exercise adherence.

Nugent\(^5\) conducted a study to provide voice for preadolescent females as they underwent an intense 2 year physical education (fitness and sport skill development) and self-management intervention that was intended to enhance their attitudes toward physical activity while increasing their activity levels. In both the fourth and fifth grades, the most frequently mentioned activities enjoyed outside of school included. In the fourth grade, three of the students also mentioned team participation outside of school. At the end of their fifth grade experience, five of the nine reported enjoying team activities.

Hausenblas et. al.\(^6\) conducted a study to use meta-analysis to statistically examine the utility of the theory of reasoned action (TRA) and the theory of planned behaviour (TPB) for the explanation and prediction of exercise behaviour. The results showed that the effect

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\(^5\) Peg Nugent, “Preadolescent Females’ Preferences and Attitudes Toward Outside School Physical Activity During a 2 Year Intervention,” *Research Quarterly for Exercise and Sport* 68 (March 1997 Supplement): 34-A.

size for the relationships (a) between intention and exercise behaviour, attitude and intention, attitude and exercise behavior, perceived behavioural control and intention, and perceived behavioral control and exercise behavior was large; (b) between subjective norm and intention was moderate; and (c) between subjective norm and exercise behaviour was zero order. The results also supported the conclusions that (a) TPB is superior to TRA in accounting for exercise behaviour, (b) there is no differences in the ability to predict exercise behaviour from proximal and distal measures of intention, and (c) expectation is a better predictor of exercise behavior than intention.

Eyler et. al.\textsuperscript{7} studied the despite decades of physical activity research and interventions conducted on men very little is known about the patterns of physical activity among U.S. women. They noted that rates from several national surveys show much lower rates of physical activity for women than for men. Among women, rates may vary by socioeconomic status. Studies relating physical activity and

experience with heart disease, cancer; osteoporosis, and mental health are discussed. Interventions in the work place and the community may increase the level of physical activity among U.S. women. A history of not participating in exercise and lack of time for this activity appear to be important constraints for many women. The Surgeon General's Report on physical activity sanctioned future research on specific groups, such as women. Applied research coupled with community and workplace policies that support women's efforts to be more physically active may decrease the rates of some chronic diseases in this population.

Raedeke and Burton⁸ in their study applied Maehr and Braskamp's (1986) personal investment theory with the leisure-time physical activity setting to gain a better understanding of individuals activity participation. Specifically, university faculty/staff wellness program participants who varied in self-reported leisure-time physical activity levels were compared on personal investment theory.

Components including physical activity incentives and perceived options (i.e., program compatibility and physical activity constraints). Results support personal investment theory as a viable model for examining leisure-time physical activity participation. Multivariate analysis of variance results demonstrated that high-active, participants placed more importance on health/fitness and achievement related incentives than did less-active participants. In addition, high active participants also felt that their leisure time physical activity participation allowed them to attain those incentives to a greater degree than did less active participants. Finally, high-active participants perceived fewer constraints impeding their physical activity participation than those lower in physical activity level.

Ebbeck et. al.⁹ studied the reasons for adult participation in physical activity. An interactional approach that simultaneously analyses personal and situational factors was employed to investigate why adults participate in physical activity. Specifically, this study

⁹ Vicki Ebbeck et. al., "Reasons for Adult Participation in Physical Activ
Internal Approach," International Journal of Sport Psychology 26
275.
examined reasons for participation by taking into account the interaction of gender and type of physical activity in which individuals were involved. Subjects included 422 adults who were enrolled in university service physical education program. The importance of various participation reasons was rated by individuals involved in martial arts, swimming, tennis, volleyball, weight training and yoga. A factor analysis revealed that the participants engaged in physical activity for interdependence, personal satisfaction, self-image and instrumental reasons. Further more, a MANOVA using factor scores as the dependent variables revealed a significant gender by activity interaction. The importance of interdependence as a reason for participation differentially varied for males and females across the six activities. Results of this study are discussed in terms of future research and practical implications.

Barnett and Wright\textsuperscript{10} studied the psychological considerations for women in sports. They start with an overview of the socialization process and discuss now the expectations for women in the society may

make participation in sports difficult for some, they then provide a psychological profile of the female athlete and highlight personality and mood differences that have been revealed between athletes and non athletes and between more successful counter parts. Finally, they discussed a number of psychological problems that women athletes may experience, including identity issues, eating disorders, drug abuse, emotional responses to injuries, burn out and retirement.

Gill and Overdorf¹¹ investigated the incentives for exercise in young and older women. Two hundred and seventy two females between the ages of 18 and 16 years completed an exercise incentive questionnaire. Results showed that the youngest age group reported exercising significantly more as a means for gaining recognition than the 31-40 age group. Physical health, fitness, stress management, task mastery and appearance were highly valued by subjects of all ages while competition and creative expression were the least valued incentives across the four age groups. The importance of mental health and affiliation as reason for exercise increased with advancing

age. Since incentives appeared to vary by age exercise programmes must be structured to meet the goals of the specific participants.

Cash et. al.\textsuperscript{12} investigated the factor structure and correlates of the reasons for exercise inventory among 101 exercising women. Subjects completed the 24 item inventory (with one added item), reported their weekly frequency of exercise, and completed two standardized body image measures. Factor analysis indicated that with minor modifications the instrument has an internally consistent structure with four factors of appearance/weight management, fitness/health management and socializing. Appearance/weight management was associated with a more negative body image independent of actual, body mass and was the only motive related to self-reported frequency of exercise.

Rowe and Brown\textsuperscript{13} in their article discussed a community-based research project designed principally to encourage teenage girls to engage voluntarily in sport by improving local media coverage and


developing the media and public relations skills of local sporting clubs and associations. The results also indicate that the importance of media coverage may be exaggerated and that word-of-mouth and peer group encouragement are of much greater significance in actually raising sports registration levels among girls and women. The article concluded with a reflection on the constraints imposed by the kind of externally funded cultural policy intervention that the project represents, pointing to the need of diverse approaches to gender inequality in sport.

Lirgy et. al.\textsuperscript{14} investigated whether gender of coach would influence high school female basketball players specifically in relation to their future coaching self-efficiency. The level of competition at which they might choose to coach, and their ideas about the purposes of basketball. Results revealed that gender of coach did not influence self-efficacy for coaching but did influence level of competition. Perceived playing ability was found to be the strongest predictor of future coaching self-efficiency.

Gill and Overdorf\textsuperscript{15} examined incentives for exercise in a sample of 270 female exercisers between the ages of 18 to 60 years. Responses to an exercise incentive questionnaire were classified into four age groups: under 31 years ($n = 75$), 31-40 years ($n=57$), 41-50 years ($n = 71$) and 51-60 years ($n = 39$). One way ANOVAs were conducted to determine whether the importance of eleven specific exercise incentives varied by age. Results showed that the youngest age group reported exercising significantly more as a means for gaining recognition than the 31-40 age group. The three youngest groups also reported exercising more as a means to control weight than the oldest group. Physical health, fitness stress management, taskmastery, and appearance were highly valued by subjects of all ages while competition and creative expression were the least valued incentives across the four age groups.

Zeelie and Potgieter\textsuperscript{16} studied the perception of female sport participation. Questionnaire were used to examine the perceptions of white high school pupils (N = 540) and the self evaluations of adult while female sport participants (n = 222), regarding the social desirability of their sport participation. The general attitude towards female sport participation is positive. The female participants themselves also feel comfortable with their sport roles. However, there is not a clear tendency with regard to sex role identification on the Bem (1974) scale. Differences in the perceptions of this sample, when compared with findings else where in the western world could be ascribed to cultural factors.

Henderson and Bialeshki\textsuperscript{17} conducted a study by using two sets of qualitative data that addressed adult female participation and non-participation in physical recreation activities, typologies emerged concerning the ways constraints were negotiated : achievers, attempters, compromisers, dabbler, and quitters/defaulters. These typologies were depicted in a model that showed how women


respondent to their constraints, their resistance to constraints, and the perceived benefits versus costs that were associated with physical recreation participation. The results have implications for examining trends in the negotiation of physical recreation for further understanding the leisure and sport behavior of women.

Ryckman and Hamel\textsuperscript{18} examined dispositional predictors of female adolescent involvement in organized team sports. Intrapersonal motivational variables, including affiliation, competition and achievement, were investigated as predictors of degree of sport involvement. Involvement was operationalized as the number of different sports, played by these adolescents. Stepwise multiple regression analysis indicated that girls who had greater involvement in sports had stronger needs for positive stimulation through friendship and weaker needs for emotional support and attention than girls with lower level of involvement. Girls with higher involvement also had stronger competitive attitudes based on personal development.

goals. There was, however, no relation between hyper competitiveness (competing attitudes aimed at self-aggrandizement and opponent denigration) and sport involvement for these adolescents. The results were discussed primarily in terms of coach-athlete compatibility in attitudes towards competition and their implications for the fulfillment of female athlete needs.

Smith\textsuperscript{19} discussed parallels between women of color in society and sport. Although special emphasis is placed on African-American Women's Social, historical and sport traditions information on other ethnic groups socio-economic status and participation in sport is included. The discussion focuses on the absence or silence of diverse ethnic women within the mainstream of society, sport and scholarship and summarizes literature that highlights intersections of gender race, and socio-economic class.

Fox, Corbin and Couldry\textsuperscript{20} studied female physical estimation and attribution to physical activity. The psychological model for


physical activity. Participation and the physical estimation and attraction scales (PEAS) were developed by Sonstroem using adolescent male subjects. This study investigated the adequacy of the model and instrument for explaining the involvement of college age females in physical activity. Results indicated that although the model worked similarly for both-sexes, there were important differences. Attraction to physical activity, as measured by the attraction scale, does not contribute to the model for the females in this study, but it does for males. Physical estimation emerged as a key factor particularly for females, in its relationship with self-esteem, fitness, and physical activity levels. The estimation scale appears to be a reliable and powerful instrument for assessing this construct.

Markland et. al.\textsuperscript{21} conducted a study to assess the factorial and construct validity of the subjective exercise experiences scale (SEES; McAuley and Courneya 1994) among children. Following a pilot study designed to check British children's comprehension of the instrument, two groups of children completed a modified SEES prior to and after taking part in a game of rounders (n = 110) or a maximal exercise test

(n = 121). Confirmatory factor analysis revealed a good fit of the hypothesized model to the data after the removal of two problematic items that were identified by examining residuals and modification indices. Multisample analyses supported the generalizability of the factor structure across gender pre and post exercise and across exercise mode. Analyses of pre to post exercise changes in subscale scores gave some evidence for construct validity. The findings suggest that the modified SEES may be useful in examining questions concerning exercise and affect among children.

Godin\textsuperscript{22} studied the inter-relationship between the intention to exercise and variables associated with the personal attributes of students and the nature of their family environment. To this and the psychological models developed by Fishbein was applied to data collected at four North York Schools. The subjects were 698 young students of both sexes from grade 7 to 9 and 561 older students of both sexes from grades 10 to 12. They found that: (i) attitudes consistently explained a significant fraction of the variance in intentions to exercise, (ii) current physical activity habits and prior experience of

exercise were two variables that substantially increased the amount of explained variance, (iii) over fifty percent of the variance in intention to exercise remained unexplained, and none of the parent variables such as intentions, current physical activity habits, prior experience, education and socio-economic status contributed significantly to the explanation of intentions.

Lever\textsuperscript{23} studied the manner in which the sexes differ in play, as the tenth and eleventh years are reached. She found that girls play in smaller groups, play outdoors less frequently, and play less often in competitive games than do boys. She also recorded that boys' games lasted longer, about 25 minutes, than girls' games; about 15 minutes was the longest girls' game recorded in her survey.

Young\textsuperscript{24} in a study with high school and college basketball players found some evidence for the college group to be higher in total self-concept than the high school group, but not significantly different than a normative group. The college group showed a higher concept of


physical self than the high school group, but did not differ from the
normative sample.

Corbin\textsuperscript{25} showed that young females do exhibit a lack of self-
confidence when judging their ability to perform a physical task they
perceive as being masculine in orientation. He further showed that
young females tend to lack confidence and underestimate their ability
to influence the outcome when they perceive the opponent to be high in
ability.

Sage and Loudermilk\textsuperscript{26} studied female athletes and role conflict.
Data were collected on 268 collegiate female athletes by the use of a 20
item questionnaire designed to assess perceived and experienced, role
conflict of subjects in enacting the roles of male and female athlete.
Forty four percent, and fifty six percent had experienced little or no
role conflict to a grade or very great extent. Chi-square analysis of
perceived and experienced role conflict for the total set of subjects
indicated that the athletes perceived greater role conflict than what
they had actually experienced (P .01). Female athletes participating in

\textsuperscript{25} C. Corbin, "Sex of Subject, Sex of Opponent, and Opponent Ability as Factors
Affecting Self-confidence in a Competitive Situation," \textit{Journal of Sport

\textsuperscript{26} George H. Sage and Shergl Loudermilk, "The Female Athlete and Role Conflict,"
sports traditionally not socially approval experienced significantly
greater role conflict than those participating in more socially approved
sports (p .05).

Greendorfer and Lewko\(^{27}\) suggests that in college communities,
the father is a strong influence on the sport socialization of daughters.

Lenney\(^{28}\) has proposed the notion of 'situational vulnerability'.
He has found, that women tend to lack confidence in achievement
situations which are perceived as being sex role in appropriate.

Snyder and Kivlin\(^{29}\) in a study on college athletes showed them
to be more positive in their self-attitudes than nonathletes.

Horner\(^{30}\) published a highly influential paper which claimed
that many women were motivated not by a need for achievement, or a
fear of failure, but by a fear of success. he also claimed that females
were motivated to avoid success because this could negative

\(^{27}\) S. Greendorfer and J. Lewko, "Role of Family Members in Sport Socialization of

\(^{28}\) E. Lenney, "Women's Self-confidence in Achievement Situations," Psychology

\(^{29}\) E. Snyder and J. Kivlin, "Women Athletes and Aspects of Psychological Well-being

consequences in terms of social rejection, decreased likelihood of marriage, doubts about feminity etc.

Kapper\textsuperscript{31} conducted a study on 739 college women students of Dilahoma University by administering an attitude inventory. He concluded that college women had a favorable attitude towards physical education.

\textsuperscript{31} Eneline E. Kapper, "Inventory to Determine Attitude of College Women Towards Physical Education and Students Service of Physical Education Department," \textit{Research Quarterly} 24 (March 1953): 319.