CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY:

Woman participation in sports has come a long way. In 21st century the struggle of women for participation seems an old tale. But women continued to be poorly represented in sports as participants, coaches and different sports related activities on and off the sports field like sports administration, framing and implementation of policies regarding sports like any other field and in almost every country and society. However, attitude regarding women’s sports participation is changing a lot more. Efforts are still required to generate greater women participation. Still there are more women not participate in sports. As women participation in sports has been an old story but yet not an equal and generalized feature. In society of Karnataka, women are under-represented in sports and this tendency is evidently filtering through to the educational institutions and the community in general. Gender equality and the right of women to participate play an important role in facilitating positive and healthier lifestyles as a whole for nation and society.

Physical Education in the present day world has achieved its due recognition as a part of the system of education. It tries to achieve the objectives of education through meaningful programme off well planned activities. A programme of physical education offers opportunity in competitive situations for physical, social, emotional and moral development. In addition, it offers the man and the woman an opportunity to inculcate skills of carry over values that could be used at later stages of life, for the worthy use of leisure.

Sports for women in separable part of the system of physical education. Sports in the popular term implies purposeful competition through which the
winner emerges, sports channelises the artistic explosion of muscle power of the human being to satisfy his or her aggressive impulses and adventurous instincts. Sports in the absence of healthy and meaningful competition lose its glamour, charm and above all that motivation for the man and woman to participate in it.

Indian woman in competitive sports are far behind their western counterparts from the point of view of either participation or achievement. This poor record might be attributed to the Indian traditions and customs which even today are ruled by age old belief based on superstitions rather than scientific principles. The majority among Indian society believe that women are unfit for competitive physical activity because women are considered to be the weaker and inferior sex. The Indian society believes that biological factors like menstruation, pregnancy will negatively influence the personality when women actively participate in competitions.

It has to be accepted that the achievement of Indian women in the field of sports- National and International are negligible. The changing pattern of thinking in the modern era and the new life the women’s inter-national year has infused in the society, has led to the realization about the need and values of a sound programme of sports. When the true value of sports are well propagated and a popular climate to attract more women participation in sports is established, women shall achieve an honoured place in the National and International field of sports.

Those who indulge in unfair criticism about the poor standard of our sports women, should realize that Indian women throughout the ages were fighting against the customs, prejudice and step motherly treatment from the society.

In recent times women are increasingly participating in competitive sports. Through regular routine of vigorous scientific training, a steady progress has been maintained by the women of modern times in the field of competitive sports. The enthusiasm for active participation in the field of sports, through
which women attain recognition and extra status in the society, has led to the increased popularity of competitive sports in general and the standard in women sports in particular. It is also to be noted that agencies like Government, sports organizations and the other voluntary agencies are giving a big helping hand to encourage women sports in India.

Universities form the nucleus for a effective training ground to explore the best of talents in the field of sports. If our women are to achieve a better standard in the field of sports, universities should offer a well planned programme of physical education and sports comprising of sufficient play fields, educationally and professionally trained sports teachers and coaches, modern equipments and the much needed encouragement from the society and the government. There is absolutely no doubt that once enthusiasm among women is created to participate in sports the proper base is established and the quality will automatically follow in its wake.

The women participation in sports has been a cultural concern with a negative connotation. The socio-cultural milieu of each society somehow but invariably has webbed out certain constraint systems which desist women from participation in sports requiring physical prowess. In general, it is considered appropriate that women are born for feminine roles only and sport roles fall out of this social orbit. Therefore the researcher intended to identify the factors for decline in sports participation in intercollegiate women’s competitions of Bangalore University.

To identify the factors for decline in sports participation at intercollegiate women competition of Bengalure University, a quantitative research approach was followed. Descriptive and inferential statistical analyses were conducted to address the research objectives and hypotheses of the study. The descriptive statistics describe the demographic composition of the sample and the response profile of the statements that tested the respondent’s perception of factors decline in sports participation of sports women.
5.2 CONCLUSION

The following are the extract of the whole study which identifies the factors for decline in sports participation at intercollegiate women’s competition.

1. There was significant association between institution type and opinion of sportswomen towards encouragement, sports facilities, financial assistance, medical facilities, problems faced during practice and tournaments, importance of sports, special grants for sports and counseling for decline in sports participation at intercollegiate women competition.

2. There was significant association between type of management and problems faced during practice and tournaments and importance of sports, decline in sports participation at intercollegiate women competition.

3. There was significant association between sex and opinion of physical education directors towards encouragement, financial assistance, medical facilities, problems faced during practice and tournaments, special grants for sports and counseling for decline in sports participation at intercollegiate women competition.

4. There was no significant association between nature of institution and opinion of physical education directors towards encouragement, sports facilities, financial assistance, medical facilities, problems faced during practice and tournaments, importance of sports, special grants for sports and counseling for decline in sports participation at intercollegiate women competition.

5. There was significant association between professional experience and opinion of physical education directors towards encouragement, sports facilities, financial assistance, medical facilities, problems faced during practice and tournaments, importance of sports, special grants for sports
and counseling for decline in sports participation at intercollegiate women competition.

6. There was significant association between sex and opinion of degree college principals towards importance of sports and special grants for sports for decline in sports participation at intercollegiate women competition.

7. There was significant association between nature of institution and opinion of degree college principals towards encouragement.

‘Women in Sports’ have been a topic virtually ignored by most scholars and thus women sports participation has been a relatively undeveloped area of research. Sex role, stereotyping, male research bias and the reward structure of society have contributed to this neglect. Currently, sport for women represents a fast growing changing element in Indian culture, and recent trends have sparked a need for knowledge about the women sport participation. Lack of fund, lack of facilities, lack of interest of sports women, principals and physical education directors shows that maximum principals, physical education teachers and sports women were agreed lack of fund and facilities. The college administrators were not interest in games and sports related to activities in their college or institution.

5.3 RECOMMENDATIONS

With the help of the results, the following recommendations can be made.

1. Limited staffs, lack of facilities and inadequate coaching are some of the obstacles in the way of participation in particularly in women’s colleges. To accommodate more students, more playground facilities may be made available, particularly for large area games, so that more women can utilize their leisure hours in participating in sports and games. While granting recognition to new colleges, the university may insist upon a minimum area of playground and facilities. For the existing colleges
which have inadequate facilities, suitable assistance may be given to improve their facilities.

2. Value of the sports and games should be stressed in the theory classes to establish its importance.

3. In co-educational colleges, university may see that all colleges appoint separate lady physical education teacher for the women section. In women colleges where more number of students are enroll, staff and students ratio may be fixed.

4. Seminars must be organised at college level where top female athletes and administrators are invited to talk on women participating in sport. This will certainly improve the low level of women participation in sport.

5. Women must be empowered through participating in sport and this will increase the number of women participating in sport.

6. College Managements should support Sport Development Programmes more often and should also take part in some of the activities. This will encourage more women participation in sport.

7. Establishing more internal sport leagues on residence vs faculties basis. This will be quite valuable in encouraging more women to participate in sport. Sports may be as important as more traditional education and given the vast numbers of women participating in intercollegiate sports, this area merits further study.

8. It is recommended that better administrative facilities like special room for the physical education directors, equipments room, enough field assistants etc. be provided in the department of sports in every college.

9. The coaching camps for the college teams, it is recommended that coaching camps to tap out women sports talent may be conducted as a regular programme of the physical education department.
10. The Government must conduct frequent refresher courses or workshops to all physical education personnel, so as to have some uniformity in the conduct of physical education activities, especially day to day rules and regulations.

11. Outstanding sportsmen may be given adequate incentives by the government and by the college by way of scholarship.

12. The University should take step to make physical education an academic and examination subject.

13. Special awards may be given to the team for outstanding performance in the interuniversity tournaments.

14. Intramural, Mass participation programmes shall be arranged by college level by sports experts and physical educators.