Chapter-II

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Research in any field implies a step ahead in the exploration of the unknown-unknown which is darkness. Any researcher to be able to take this step, should be adequately prepared for it. One such preparation is the gathering of knowledge of what has already been done in the given field. A step towards unknown can only be taken after the review of literature and researches done in that area. Any research without such a review is likely to be a building without any foundation.

Brog (1928) suggested "The literature in any field forms the foundations upon which all future will be built, if we fail to build the foundations of knowledge provided by the review of literature, our work is likely to be shallow and naive and will often duplicate some else." The review of literature gives clear picture of the problem to be solved which is a pre-requisite to actual planning and conducting the study.

The review of past investigations serve as guide to the researcher as it avoids duplication in his field. The knowledge of their analysis, keeps a researcher systematic in his own endeavour. Thus, the review of related literature is an indispensable step in any research.

Review of literature is an important requisite to actual planning and then the execution of any research work to put in the words of Best (1961) "a familiarity with the literature in any problem area helps the students to discover what is already known, what others have attempted to find out, what methods to attack have been promising and disappointing and what problems remain to be solved.

Survey of related studies is one of the important steps towards this direction which implies locating, studying and evaluating reports of relevant researches, study of published articles, going through related portions of Encyclopedias and research abstracts, study of concerned pages out of comprehensive books on the subject and going through the concerned manuscripts if any. The sources of information that a researcher should tap vary with his interest and type of study he has undertaken.
Kaul "The review of related literature gives the researcher an understanding of the research methodology which refers to the way the study is conducted. It helps the researcher to know about the tools and instruments, 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 final and important specific reason for reviewing the related literature is to know about the recommendations of previous researcher for further researches which is the basis of progress in all areas human endeavour."

Brog "The literature in any field forms the foundation upon which all future work will be built. If we fail to build the foundations of knowledge provided by the review of literature our works are likely to be shallow and naive and will often duplicate work that has already been done better by someone else. They have listed in their studies."

According to Goods "The Survey of related literature may provide guiding hypothesis suggestive methods of investigation and comprehensive data for interpretive purpose."

In order to achieve the objectives of present study, review of the related literature has been mentioned hereunder. To solve this problem various studies have been conducted. Not only in India but in other advanced countries as well. The research scholar have literature of physical education, sports and education from different parts of India. Material pertaining to the study available in the libraries have not only been reviewed thoroughly, but also analyzed keeping in view various aspects. Literature in this regard was also reviewed through internet so that the study could take an ideal shape.

The review of related literature makes aware the scholar 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. Some of the most important studies which were found out by the researcher from the libraries, like Kurukshetra University main library and library of the correspondence courses, M.D. University main library, P.U., Chandigarh along with the help of personnel collection of various literature,
books, research journals, articles and material etc. All these studies are directly and indirectly related to the present study.

The brief discussion of studies in the field, made by some prominent physical education, psychologists, sociologists and researchers are discussed here and following literature is related to the present study.

Allen et al. (1912) in their study "Are athletics making girls Masculine?" They found that in the United States one of the early advocates of physical exercise and sports for women was physician. They stressed on the need and importance of sports activities for women. They found some qualities which are developed by athletics are: Power of attention, will power, concentration, accuracy, alertness, judgement, endurance, patience, discipline self control, loyalty to leaders, courage, adjustment and strength.

Sargent (1912) says that parents should insist upon the supervision of the physical as well as the mental training of their girls, especially if the girls are encouraged, through school politics, to engage in athletic contests. Most of the colleges for women have directors of physical training and instructors in athletics and gymnastics whose duty is to look after the physical conditions of the girls and to supervise their athletic sports and games as well as their gymnastic exercises. It is largely on account of the intelligent supervision of the physical work in the women's colleges that athletics are less likely to be overdone than in many of the schools for girls where there is little or no supervision, though it is much more necessary than in the colleges.

One of responses by physical educationists worried about female athletes physical stamina, was to modify the rules of certain sports to make them less strenuous. This was done to basketball; various physical educator-women-devised alternate rules that have limited the amount of running any individual player would do. Similarly, in 1928, after several women collapsed while running the 800-meter race at the Olympics, Olympic official decided that in the future they would not allow women to compete at any distance greater than 400 meters, presumably to protect the competitors health.
Nordley (1939) concludes that 34 percent of the schools had less than two acres of outdoor space at school for all physical activities. Of this group 75 percent had enrollment of three hundred or less students. Only 18 percent of the schools had in excess of five acres of such space on the school site and 48 percent had ground and athletic fields on separate sites.

Jack (1946) opined that factors such as number of years or required physical education, also of playground and marking system used in physical education shows no significant differences between large and small. The small schools have an advantage over the large schools in regard to such factors as location of playgrounds and size of physical education classes. The large school was superior to small school in regard to number of period per week, number of activities, length of periods, the presence of Gymnasium in school building number of teachers, and the number of supplementary indoor physical education facilities.

Klafs and Layon (1953) The constant setting of new records and top level performances by very young girl indicate what exercise physiologist supported by many reputable studies, have long maintained that girls 12-15 years old are at their physiological peak and are bath socially and psychologically more trainable than at any other time. Certainly the current record-breaking spree helps bear out the contention."

Sharma (1956) study of personnel, facilities and equipment has revealed that only 17 out of 30 high/higher secondary schools in Delhi had got Director Physical Education as incharge of physical education. The study has also found that 50 percent of the schools had provided only one or two periods for each class per week for physical education. He has also found that 83 percent of the schools in Delhi suffered badly for want of playground facilities.

Bullar (1965) has shown revealing facts in her study "Evaluation of existing programme of physical education in government high/higher secondary schools in Chandigarh." She has found that all these institutions in Chandigarh had no planned programme of physical education, all these schools had about six acres land for play grounds, but some of them presented a horrible picture and served as cattle ranches. The equipment were not adequate, time allotment for physical education period was
discriminatory, specially no attention was paid to games and sports. They were not having any organised pattern for the conduct of intramurals and extramural competitions. Physio-Medical examination was done without any follow-up.

Anand (1965) studied about the minimum physical facilities for playing at different levels, i.e. at the school level, College level and University level. He also wrote about the minimum physical facilities required at Village level, Talluka level, District level, State level and National level.

Hart (1972) conducted a study to analysis the attitude of women in sports. According to him, in sports, attitude towards women have been slow to change as there are misunderstandings and myths in the society. Mostly people thinks that sports activities will enlarge muscles which amount to masculinity. For this fear, the girls hesitate to participate in sports.

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 keen interest in the sports and education of their children. The sport analysis indicates the interaction of structure of family, sports and education. Beloygma observes that it is 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. Parents educational level.
4. A long distance between home and coaching field of stadium
5. Socio-economic causes.

Ghosh (1978) "Sports Women" SNIPES Journal has explored that women are lighter, less muscular smaller and more fragile than men but on the whole, the result of athletic training in women are as good as men. In exercise like long jump, a girl of 11 may cover double the distance than the boy of the same age.

Anand (1979) investigated the role of organization and administration of University sports and dealt with such factors whichever well concerned with planning, human relations, training of personnel, sports facilities, sports
competitions, recreational programs, scientific aspects of sport's budget mapping, introduction of physical education as compulsory or elective subjects, administrative set up in Universities and colleges, affiliation of Association of Indian Universities (A.I.U. with national sports federation incentive for girls and boys relevant connected matters. He considered the above points as necessary steps for a country which would like to make mark in international sports.

Sage (1980) in his study "Parental Influence and Socialization into Sports for Male and Female Intercollegiate Athletes" finds that fathers encourage their sons more than daughters to take part in sports. Mother, on the other hand, support their sons and show less response to their daughters.

Semyonov (1981) in his study "Changing Roles of the Women Participation in Olympic Games" studies that whether the same conditions that favour female participation, will favour the participation in other domains, which were traditionally excluded. It is a case study of the Olympic Games since 1948-76 through a sample of 102 very small countries. Four independent variables have been taken into account such as industrialization, fertility, political, economy in female participation. Findings suggest that women's participation in Olympic closely related to labour force participation, some social conditions that promote social change in one domain favours the change on other domain.

Sohi (1981) has found that, in terms of traditional caste system, most are from higher castes, in terms of emerging social class system, most are from middle class; mobility is evident. Religion can influence sports participation; and there is evidence of a social hierarchy of sports that follows the hierarchy of social class or caste stratification.

Dabas (1982) has surveyed the facilities and equipments of sports and physical education in Engineering Colleges and has concluded that the student teacher ratio in physical education was satisfactory and only one college has provided special coaching personnels for different games and sports. Out of five engineering colleges, only three colleges have sufficient play ground facilities as per minimum norms laid down by National Plan of Physical Education and Recreation.
The study has revealed that all the engineering colleges do not possess sufficient number of equipment and play grounds as per their students strength.

Ghosh (1985) in his article in 'Spot Star' point out the views of Karanam Malleshwari, a talented weight lifter and gold medalist in the Instabul world championship, revealed that there is lack of planning and undue delay activating the process meant for women spots and education. Our Federations are as stronger as Cricket, Tennis etc.

Ram (1985) in his study "Women Participation in Sports" has explored that in comparison to male athletes, female athletes are giving less preference to the sports. The drawbacks inherent in them giving a second rank next to men only, perhaps are anatomical differences, physiological difference, and social deterrents which play a major role in controlling their performance.

Vir (1989) in his study "Sports and Society" has explored some important implications which are considered necessary for the social scientists to under stand the complex and multifunctional social phenomenon of sports. He has analyzed various sociological dimensions of sports and linked them with each other. He wants the social scientists to explore different sociological, psychological, educational, political, and biological dimensions of physical culture and sports in India.

Dutt et. al. (1989), have studied on socio-economic background of sports students of Haryana Agriculture University, Hissar. They have revealed that in India women and girls are still deprived of participation in sports by direct or indirect social inhibitions. That caste distribution has showed that Jat students (agriculture background) were dominating the sports due to their strength and ability. It is also because Jat is the dominating Caste in Haryana. There is not a single student from scheduled caste. The people of lower strata are deprived of the opportunity to participate in games and sports due to their inability to finance even though there is desire in their mind. This is a serious reflection of socio-economic taboos.

Parkash (1990) has 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 has also
explored the new strategies, which are replacing the old myths regarding women and sports.

Sohi and Ikhioya (1990) have found the socio-cultural deterrents having positive or negative influence in sports participation by Nigerian women. The influence of parents, peers, religious values and expected sex ratio are observed by them as socio-cultural deterrents to female's sports participation.

Sharma (1993) has highlighted some of the long lasting myths towards women as they are considered weaker sex and biologically inferior to men. The myths are -

1. Women are less competitive and aggressive.
2. Sports spoil the beauty and adversely affect reproductive functions.
3. Sports is a masculine activity and changes the life style etc.

She has not only rejected these myths but also advocated that neither physical exercises nor competitive sports have detrimental effects on pregnancy as sports improve pain tolerance and result in better endurance during delivery. She has quoted some reports that have indicated lower incidence of caesarian cases among women who have athletic training.

She also stresses 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 has also suggested the government and non-government agencies should give job reservations, loan facilities and other concessions to sports women.

Sinha (1993), in her book "Women in a changing society" has said that many of our religious and social practices have steeped women in a morass of backwardness, illiteracy and ignorance, condemning them "as repressed and exploited beings completely dominated and overawed by man".

Sandhu (1994) observes that women are significantly under - represented in management bodies of sports, coaching and officiating, particularly at the higher levels. She accepts 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 has also stressed on the need of equity and equality of women to achieve higher levels of sports performance. Women should be ensured that competitions opportunities, rewards, incentives, reorganization, sponsorship, promotion and other forms of support will be provided fairly and equitably to both women and men.

Gupta (1994) The programme provided by (SPEA) to elementary children is symnatics, and this is aimed primarily at female students. The programme has already born its first fruit with one of the student of the boarding school (a female swimmer) being selected for the Israel Olympic Team at 1992 Barcelona Games.

Another Institute, the Centre for research on girls and women in sports is just getting off the ground at the University of Minnesota a result of generous endoment from an Olympus. The centre's mission is to understand how participation in sports 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 finding to practitioners who work with girls and women in physical activity setting. Clearly there are many active sport organizations and sports individuals who are committed to enhancing girls and women's quality of sport experience whether as athletes, Coaches, Officials or administrators.

Cole (1994) has found that an individual's socio-economic status does not lead to prediction of his attitude towards physical education activities and this grass motor performance ability.

Forstor (1994) in his study has asserted that although social status and economic status are not synonymously those who come from poor families generally feel a great need for status and acceptance by their peers. Forstor has also underlined the importance of social factors by saying : physical education teacher and coaches must be attentive to the fact that social and cultural forces are operating constantly and a thorough under standing of these is necessary in any effort to know the many factors causing and revealing behaviour in sports settings.

Dutt and Sabharwal (1995) have stated that an economic educational and occupation level of the father has a relationship with achievements.
Ghosh (1995) while interviewing Karnam Malleshwari, a talented weightlifter-claiming gold medal in the Istanbul world championship reveals that we lack 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 playing for our camp and kits. For competitions either the government of our employers sometimes foot the bills for airfare and staying expenses. We need more sponsors for the improvement of the games as well as women sports. She is of the view that business houses should come forward and help women sports.

Nisha (1995) concluded in her study that there have been significance positive attitude on the part of parents in the sports participation by females but on the other hand sports was considered as significantly unfeminine and participations by girls are considered as deviation from the general female behaviour. However religion in India does not interfere in any case in the sports participation by the girls. She has also observed that sex role orientation does not play significant role in the free participation of females, as the girls are not allowed to move freely out of the four walls.

Singh (1995) made a critical survey of physical education activities in boys higher secondary schools in Himachal Pradesh. He concluded that 90 percent schools were without play grounds, and the playing equipments were scarcely enough to feed even two to three teams in a particular game. The teacher and the authorities have shown no interest in the physical education activities.

Giglialo (1996) in her study women's participation in postwar physical education and sports' increased very slowly, together with the economic development of the nation and gradual emancipation of Italian women from purely domestic roles. In spite of fascism and at the same time because of fascism, women had learned that they had bodies that could compete in senior athletic competition as well as bear children.

In comparison with the schools, the postwar sports world was more open to women, but the recruitment of women was still hindered by old ideas that emphasized the domestic role for women.
Dhaliwal (1996) has 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 Bhang Ka, Jab Maloom Hai Ki Itni Achhi performance Ke Bad Bhi Kai Dekhta Tak Hi Nahin Hai" He is not off the mark. Dhaliwal has also suggested that sponsorship seems to be the answer to the many problems affecting Indian sports and the sports administration should at least ensure that top sportsmen must be given proper jobs.

Barbana (1997) tells about female representation in sport industries; as major league team 79.10% were male and 20.9% female college/Universities male 75% and female 25% and in broadcast/media 86.5% male and 13.5% female. This representation tells about less participation of females.

Islam is not the only religion to maintain that a women's body, especially her head, ought to be covered. Some orthodox Jewish women wear wigs and other head coverings, and some Catholics expect women to war a head covering in Church. When it comes to girl's and women's participation in physical education and sports, however, Islamic restrictions on clothing can be extremely significant and present complications for school officials in countries -including the United States, Britain and France -where there are significant Muslim Communities. It would be impossible to participate in most sports wearing the hijab of some regions. Nonetheless, some Islamic Countries have provided ways far women to participate in sports by banning ways for women to participate in sports by banning men from training and competitions, since the rule of the hijab is designed to avoid the male gaze. In addition, women are also able to participate in quite a number of sports - including horse riding sports, archery, and shooting-wearing certain forms of the hijab that do not restrict their movements.
Dhania (2001) has in her study found that women are dual minded regarding sports and games and take it as an extra curricular activity. She finds that politics in games is also a factor affecting involvement of women in sports. Due to less number of female Coaches, Socio-economic pattern of life in the country and lack of encouragement they do not want to take part in sports.

Goyat (2001) in his study opinion that parents, teachers and other significant adults commonly do not provide as much encouragement for rural girls to participate in sports and games lack of ground and infrastructural facilities may be a major barrier to becoming involved with girls sports. It is found that a small proportion of girls drop out of sports in the late year's of school to concentrate in their studies - epic background also has an impact on the level of sports participation of girls.

Chahal (2002) in his study "Critical Analysis of Female Participation in Sports with Special Reference to Haryana State." Concludes that parents encourage their daughters to participate in sports but social customs and traditions circumvent their effects. Moreover, lack of facilities, space, infrastructure etc. discourage the girls to participate in sports activities in a big way.

Krishan (2003) finds that participation in sports by females is against the image of an ideal woman, is unfeminine etc is held by only about half of the females. It means values do impact females participation in sports in a negative manner. Parents should have positive attitude to their daughters. The sex-related role orientations are along traditional lines and could act as a deterrent to female participation in sports.

Kumar, A. (2003), has conducted the study on CBSE school students to analyze the attitude of students towards physical education. The study concludes that male students have more interest towards physical education. The study has concluded that male students have more interest towards physical education. Most of female students have interest towards physical education, but their number is less than male. The study has also concluded that the attitude of high intelligent students towards physical education is less than low intelligent students. The study is based on Haryana state CBSE schools.
Santosh (2004) has studied the sports, society and women. In her study the author notifies the relationship between sports and society besides the impact of society regarding the participation of women in sports. Resultantly, she finds that women are not lagging behind in any sphere of life. If women are given the same sports opportunity and social sanction as men, their performance is bound to improve considerably. The need of the hour is to provide more schemes for encouraging women to take affective participation in games and sports.

Jain (2004) in his study "Women and Sports" explores that the sports counsel approach has been criticized for labeling women 'as having a problem' with regard to physical recreation. Making women a 'target group' may encourage stereotypes. It could be more helpful in carefully identify what women themselves see as their needs. Policy making teams are likely to be largely male.

Goyat (2005) in her thesis "A Comparative Study of Rural and Urban Sports Women in Relation to Attitude Towards Sports with Special Reference of Haryana." Concludes that parents, teacher and other significant adults commonly do not provide as much encouragement for rural girls to participate in sports and games. Lack of ground and infrastructural facilities may be a major barrier in involving the girl in sports.

Devi (2005) in her study "Background factors Related to Lesser Participation of Female Students in Sports at Higher Education Level" concludes that women give less preference to sports a physical education as a career. They want to join sports as an activity but not as a career. They give more weightage to their academic career instead of sports. Social factors are also responsible where a male dominating society does not allow women to participate in sports on a large scale.

Chauhan and Sharma (2005) in the article titled 'Socio-Cultural deterrents in participation of sports for rural college female students, conclude that rural females have to face many obstacles for talent participation in sports events women will have to show courage to convince parents and society if they wanted to participate in sports events.

Verma (2007) in her study titled "Parental influence and women sports participation in Haryana' observes that parental attitude towards female participation
in sports is negative. The females have desire to participate in sports, but parents allow only their male children for outdoor activities.

Kapil (2008), in her study based on 'Attitude of Maharashtra state Kendriya Vidyalaya students towards physical education' observes that majority of students have favourable attitude towards physical education with Kendriya Vidyalaya of Maharashtra state. Male and female students have not much difference in respect to their attitude towards physical education. Students belonging to different streams i.e. Science, Commerce, Art do not express different views in respect to their attitude regarding physical education.

Parsad (2009), "Sports and Society : A Case Study of Haryana State" concludes that sports have a positive impact on the society but the parents are worried about the safety and security aspect of their daughters at the same time the dress code of sports women in proving another hindrance for their participation in games.

Pfister and Jawed (2012), in their study titled "Muslim Women and Sport" tells about the values of physical activity, sport and physical education in the lives of young women. Islam, women and sports, they explain the case of Denmark, Germany, Iran, Syria and Turkey. Islamic restrictions on clothing can be extremely significant and banning ways for women. Women are also able to participate in quite a number of sports.

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