Research in all fields is quite essential, specially in physical education and sports with the help of research, day by day the human performances in various sports and games are improving and increasing.

The major objectives of the study were to investigate the general conditions pertaining to physical education in India in general and Haryana in particular, background factors responsible for lesser preference of women towards this profession, attitude and perception of female students, parents, peer, physical education teacher, lecturer and technical experts, head of the institutes/principal at school, college and university level towards physical education.

This thesis titled "Physical Education As A Career of Women : A Socio-Demographic Study of Haryana" will provide knowledge about physical education and women's preferences towards this profession. The purpose is to make the reader understand how the physical education and sports are beneficial for women because most of women players belonging to lower middle class families and they can earn name and fame in choosing this profession as a career.

The study was carried out on 800 respondents, out of which 250 respondents at senior secondary schools of rural area, 250 respondents at senior secondary schools of urban area, 200 respondents at affiliated colleges and university level and 100 technical experts. Five districts of Haryana was selected for collection of data at school level and affiliated colleges, M.D.U. students at higher level. To collect the required information structured questionnaire was administrated in the three stages. Statistical tools are used for this propose the tools like- percentage in decimal and numerical form. The response of each question are placed in tabular and pictorial form by drawing histogram for number of yes or not and pie graph for total percentage of respondents are undertaken. The results of the study revealed that lack of facilities, lack of motivation, interest, lack of awareness, illiteracy, low economic standard and socio-cultural deterrents, lack of physical education courses in remote areas, poor image of people towards this profession, job insecurity, more time consuming, social values of parents, religion and customs in remote areas like Mewat hampers them to opt physical education as a career.