CHAPTER-2
REVIEW OF LITERATURE

This chapter is a brief review of literature in the context of the theme that was set in chapter 1. The research scholar made her sincere efforts to locate and collect the literature directly related to the study. However, there was very little she could locate and collect from different sources. Because not much work has been done in the related area of case study on Sportswomen in Indian and Haryanvi context. However, the relevant literature pertaining to the study has been abstracted in this chapter to provide the background material, on the basis of which she was able to proceed with her investigation.
Govt. of India laid down in both houses of parliament on August 21, 198—
: It is the duty of center and state Govt. to accord to sports and physical education a very high priority in the process of allround development. They should promote and develop traditional and modern games and sports and also yoga. Simultaneously inculcating sports consciousness among masses. So that by their regular participation in sports and physical educational activities, the nation is made healthy, fit and strong.

The policy emphasizes strongly different aspects of sports such as infrastructure in village and towns, nutrition, preservation of playgrounds, international exposure, employment of mass media and promotion of sports and physical education by non-government institutions.

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

Sharma (1993) highlighted on some of the long lasting myths towards women as they were considered weaker sex and biologically inferior to men. She quoted some reports that indicated lower incidence of caesarian cases among women who had athletic training. She also said 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 reservation, loan facilities and other concessions to Sportswomen.

Sandhu (1992) while studying women and sports seeking a new philosophy, observed that there was a need to create a sports subculture for women. She revealed how the impact of womens movement proved to be the root cause for the rise of modern sports for women. She also disclosed some 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, would provide for a solid foundation for promotion of sports among women.

Vir (1989) explored some important implications which were considered necessary for the social scientists to understand the complex and multi-functional social phenomenon of sports. He analysed various sociological dimensions of sports and linked them with each other. He needed the social scientists to explore different sociological, psychological, educational, political and biological dimensions of physical culture and sports in India.

Gupta (1994) opined that games and sports should be developed on a large scale with the objective of improving the physical fitness and sportsmanship of the average student as well as of those who excel in this field. Playfields and other facilities, for developing a nation-wide programme of physical education where they do not exist should be provided on a priority basis.

Parkash (1990) reviewed women's attempt to exercise the right to physical expression through sports and examined some of the myths surrounding women's participation in physical activity, specially competitive sports. He also explored the new stereotypes which were replacing the old myths regarding women and sports.

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 has also stressed on the need of equity and equality of women to achieve higher levels of sports performance. So it should be ensured that opportunities, competitions, rewards, incentives, recognition, sponsorship promotion and other forms of support will be provided fairly and equitably to both women and men.

Allen Guttmann (1991) in his book 'Women Sports: A history', the most accomplished analyst and critic of our age tells the story of women's sports from antiquity to the present. Beginning with a discussion of women sports in ancient civilization the middle ages and the Renaissance. The author narrates the history
of women in sports within a cultural and social context. He then relates how modern sports developed. He examines the revolution in women sports in the last 20 years in Europe. He has investigated various contemporary controversies including the feasibility of sports competition between women and men and the crisis created by the use of anabolic steroids.

He suppressed the temptation to do more than mention, Asian and African sports because the material available for women sports in non-western civilization are largely inaccessible to scholars limited to European languages.

Utsninder, Catherine (2002) made a study on ‘Women runners who become national caliber after age of 40 years’ focused on 50 national caliber master-runners who started running completely when young.

Results showed that these late starting female competitors are similar to those who started competing at an early age except for the fact that they lacked support for athletics when young. Following similarities were found: They are achiever balancing families, children and careers. Both group started running initially for health and fitness. Ambition subsequently motivated them to complete on national level.

The main obstacles, however, were too many responsibilities. A web of factors contributed to their success. These factors are goal setting, speed training, consistent running over many years, coaching, support of family and team-mates, belief in natural talents and moderation in training. Inspite of injuries both groups of women perceive that the affects of running are overwhelmingly positive and that the effects extend to their careers and personal links. These women feel optimistic about aging. They have experienced positive and negative reaction from others. In summary, as women-master runners late starters can be just as successful as early starters.

Lenskyj, Halen (1992) in his study ‘Canadian Women and Sports in the Twentieth Century’ concluded that there are two periods in Canadian sports where women enjoyed substantial increase in opportunity, participation and public recognition. In 1920’s and 1930’s and the 1970’s and 1980’s conversely the remainder of the century can be described as perpetual struggle for equal
rights. The limitations placed on these women were set by male doctors, physical educators and sports administrators.

Butryn Ted (2001) in his study 'Sports in Latin America from past to present – An European Perspective' examined sport in Latin America in its social, cultural and political context. An analysis of development of sport in Latin America suggests that there have been number of distinct phases influenced by cultures of Spanish, British and French. More recently, the games and past times of the United States have made a significant impact. It is suggested that the further development of sport in Latin America is hindered by a number of significant problems faced by some countries and government and international organizations in the developed countries.

Singh & Singh (2001), show that, the elite athletes of Punjab had been introduced to sports participation and competition through this influence of their social system. Parents and siblings in higher number of significantly taught the values of sports participation and competitions. Significantly higher number of siblings taught the values during adolescence period. The teaching from other blood relatives were not significant study revising around process of socialization into competitive sports of elite athletes (200) in Punjab State.

According to Allen Guttman (1991), the rise of modern sports coincides with the rise of industrial capitalism. By the 19th Century sports was being seen and developed as a mean of inculcating the right attitude deemed necessary for the ruling class and as a “safety valve”. In England schoolboys in Rugby, Eton, Oxford were not only learning business acumen but were also imbibing the ethos of good sportsmanship and leadership qualities needed at home and abroad. On the other hand, sports for the working class was of kind which inculcated obedience to authority and to predetermined regimes reinforced in many ways. And denying social sanction to the physical expression of emotion is one of the most powerful ideological tools employed to keep women in their place.

Parkash, P (1990) states that women have throughout history created for themselves social space where they could realize their need for physical expression. The community or folk dance was one much forum. In the west the
women’s movement has endeavoured to and by and large succeeded in dissolving some of these constraints on physical expression.

Women’s role in a patriarchal society has been sought to be justified and legitimized by explanations rooted in her biology. That her biology is dissimilar to men’s has been seen as her disability. The social construction of women’s biological inferiority is designed and women have gained success to the sporting arena and in fact to the right to exercise through a long process of struggle. At the same time other social and political changes in different periods in different societies have also had an impact on the degree of freedom allowed to women.

Here are some of the thematic observations came across which were made by scholars working in this area of interest.

I remain convinced that culture not biology – accounts for most, if not all, of the gender difference that we see everywhere in sports history.¹

“Surveying the historical record, in which men have traditionally figured as movers and shakers while women have often been dismissed with a few remarks about the domestic Sphere, feminist scholars sometimes speak of women’s “invisibility”. Men stride across the historical stage; women labor quietly behind the scenes. Production matters, reproduction does not”.

“The magnitude of the abandonment of sports by girls after puberty is marked by scholars who mix categories and write of “Physical Education and Sport” or “Sports and leisure activities”. To rejoice that men and women are equally involved in sports when the men are engaged in a game of rugby and the women are at an aerobics class is to mislead the unwary reader”.

“Social construction of gender begins is infancy and that children’s games are a part of every culture but the sports of older girls and adult women usually reveal more about culture and social structure than the games of young children do”.

“The physical and psychic changes of puberty have always been accompanied by a shift in culture expectations about the body. Sports have often but by no means always been a part of the rites de passage than mark the move

from boyhood to manhood. For girls, puberty has often but by no means always meant the abandonment of sports”.

Simone de Beauvoir vividly describes the change in attitudes and outlook which occur in a young girl as she is gradually forced to conform to accepted norms of behaviour.

Chahal, Vinod (2002) : Critical Analysis of female Participation in sports with special reference to Haryana State, Ph.D. Thesis. Development of personality takes place through sports overwhelming majority of respondents agreed to this. But parents do not encourage their girls to take part in sports. Teacher and coaches also donot show deep interest in their sports.

Devi, Shakuntla (2005): Background factors related to lesser participation of female students in sports at Higher Education level Ph.D., thesis p. 214. More than half girls students at higher education level do not take part in sports as they consider themselves insecure and unsafe when they go outside home. This is very gloomy situation for our society as a whole and for women sports in particular.

Sports have been controlled by organizations but as past trends show, men have controlled these organizations : resulting in neglect of women sports. There is immediate need of having equal representation of womens in these organizations. With this we will be able to promote the women sports.

Adams-Lekman, M.B. : Dil vov be veitung dev Lebeuravbeit (Schroter Lurich 1988, p. 18) A supporter of the social democratic women’s movement, maintained however in a speech in 1899. The Women’s inferiority is not natural but unnatural, the degeneration of muscles, nerves and the spirit of women, which she could observe in her practice, she said was due to differences in socialization because of sex and life style of women. She thus demanded ‘Muscle exercise : periodic, systematic and voluntary muscle exercise from an early age : minimum two hours daily, when possible for with all types of physical movements including all as for as possible : walking, swimming, playing, wrestling, rowing, bicycling, climbing, gymnastic, etc. The same physical exercise for boys and men to the same degree.

Goyat, Mukesh (2005) Comparative study of Rural and Urban
Sportswomen in Relation to Attitude towards sports with special Reference to Haryana. Sports facilities to rural and urban Sportswomen should be equal. Positive attitude building programmes should be launched at large.


Allen Guttmen (1991) Women sports A History, Revolutionary change the United States : Women’s Liberation and the female Athlete. As the second wave of feminism swirled through the united states in the 1960s and 1970s, old attitude were eroded and washed away. By the early 1980s, woman sport were not a primary concern for most of the angry women who demanded equality at home and on the job. (The enthusiasm of some feminists for karate stemmed originally from the desire for self-defence). The low priority given to women’s sports was matched by the attachment of most female athletes from the goals of women’s liberation. Indeed, Surveys often found socially conservative attitudes among women who stepped out of conventional roles in order to participate in inter collegiate sports.

A convergence of views occurred in the mid-seventies as many athletes became feminists and many feminists discovered the importance of sports. No one did more to bring about this convergence than Bille Jean Moffitt King, the daughter of a Long Beach fireman. In 1970 she won the lawn tennis championship and received $600 while the men’s winner pocketed $3500. When she learned that the pacific southwest championships planned to award a men’s prize of $12,500 and a women’s prize of $1500, she decided that such gross disparities were no longer tolerable. King called for a boycott to compel tournament sponsors to end the discriminatory treatment. Having dominated women’s tennis since her first Wimbledon Singles victory in 1966 at the age of twenty three, she was in a relatively strong position. When the United States Lawn Tennis Association
resisted the demand for equality, King helped Gradys Heldman organise the Virginia Slims circuit financed by the Phillip Moris Company within three years. The women’s tennis circuit encompassed twenty two cities and offered prize money of $775,000 (The men played in twenty four cities for $1,280,000). An official poster, referring to the players as “Ballsustcvs”, suggested the women’s lack of awe at male opposition on court or off. In 1973, the USLTA bigwigs gave way. The 4.5 open equalized its awards for men’s and women’s singles. Each winner received $25,000.