Chapter-I

INTRODUCTION

Sports have a very prominent role in modern society. It is important to an individual, a group, a nation; indeed the world. There are, for example, today more nation compete in the Olympic Game than the member of nations affiliated to the United Nations. Through-out the world sports has a popular appeal among people of all ages and both sexes.

Much of the attraction of sports comes from the wide variety of experience and feeling that result from participation-joy, anguish, success, failure, exhaustion, pain, relief belonging, and glory, status and goodwill. However sports can also bring tragedy, grief and even death.

Sports competition offers us heroes, heroines and ideal people that we can look up to, and achievement that we can marvel at for many youth, sports stars are better known than the leading politician of a country.

As the amount of leisure time has increased in modern society. Time spent on sports has grown. While very few participate at elite or Olympic level there are many more who participant at the local or
community level. For other, involvement in sports is passive one, as spectators, coach, umpires, teachers or sports writers. Sports have ever reflected development in society, Sports; indeed have been a mirror of society.¹

Sports are the heart of many societies. It serves to improve life and the social order. The women sports start with conditions as they are, and moves forward goals both individual and society, of condition as they should be. It is one of the most constructive force in a society, and instrument by which people may fell themselves up and improve their ways of life.²

Sports are as old as the human society. Games and sports as apart of human education have always existed in human society in on form or the other. From time immemorial, Physical exercise has been a very important aspect of human existence although it's not in a well organized fashion. In the primitive society, the necessity for survival motivated men to keep himself physically fit and strong. The “survival of the fittest” was the order of the day and therefore, his life was solely depend on his physical power and skill. Men lived in such a state for several millenniums. These were neither any Organization system. Most acts were learnt by young generation by virtue of imitation rather than

¹ A.K. Uppal, Foundation of Physical Education (Delhi:Friends Publication1994)P:1
² Larson, Foundation of Physical Activity.P:1
instruction. Later on experience gave risk to individual instruction from the father to the son and mother to daughter.  

The changing role of women in society from the Victorian age to the present manifests an enormous social revolution, in which sports have played a major role and thus the development of women's sports in the present century definitely in one of the most fascinating topics.  

Sports reflect values found in our everyday lives and even in entire society. Women have been excluded from certain areas of significant participation in various aspects of living and this is also true for their involvement in sports and other physical activities. There is perhaps no domain were myths, attitudes and belief remain so persistent as in the would of sports.

There are myths related to females physical and psychological masculinization, the female's monthly cycle, pregrenancy, the female's physical and psychological limits of performance capacity etc. most of these beliefs are rooted in long socio-cultural attitudes; however, there validity has not been demonstrated scientifically social approval is relative. It defers from era to era and from culture to culture within a era. There are Nations which actively oppose any competitive efforts from

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women, other Nations urge their women to enter Olympic while still other merely permit them to do so. However, even today, Some forms of competition are officially unexpectable for women as indicated by their exclusion from Olympic level competition. Perhaps an explanation for these attitudes could be found in the history of sports colored by male orientation and domination. Such a domination result from culture patterns and perception which determine not only who participated in sports, but also how the spots was to be conducted and experienced. However, today sports is seen as human activity, not just an activity more suitable for men than for women.5

Women, colloquially known as the better half of man are in reality his worse half. According to H.Sipla, “Half of the humanity that have yet to go long way to achieve equality of status and opportunity along with men. Equality between men and women does not exit. It is still often a disadvantage to be born a female “The historical evolution of human being has witnessed the ebb and flow of women’s status.6

The traditional polarization of sex roles has produced in our society two different kind of human beings women and men, who are expected to play different roles, hold different attitudes different value and express different feeling. Women are to assume role in the private sphere as wife,

5 Ibid,p)
6 Nisha Singh, Women Education; Women University News38 (February 14, 2000)
mother and home maker, men are expected to assume roles in the public sphere as worker, citizens and active creator of social and cultural life.\(^7\)

Traditionally, India had seen a women only as a member of the family or as an individual with an indentify or right of her own. The radicalism of the constitution and its deliberate departure from the inherited social system lay in its implicit assumption.\(^8\)

The females' 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 power. In general, mostly it is considered appropriate that women are born for feminine role only and sports role fall out of this orbit. In relationship between the sexes, males have had a disproportionate amount of resources under their control. They could bargain their power, status, money, land, political influence, legal power and educational and occupational resources, (all usually greater than women’s) against women’s more limited range of resources consisting of sexuality, youth beauty and the promise of paternity. Men also could bargain their aggression, strength, strength, competitiveness and leadership capabilities against women’s domestic and clerical services. In addition men could

\(^7\) Mary A. Boutilier and Lucinda San Giovavanni, The Sport Women (Champaign Human Kinetics Publish, 1983) P 100

offer women potential maternity, reciprocally the ultimate validation of a 
woman's feminity.9

In the few decades, women sports have gained tremendous 
popularity all over globe, which is still increasing at faster pace. 
Competition has become an important aspect of sports. Each country 
wants prove its superiority through sports at international level. For this 
they are making their most effort to fly high in national and international 
competitions.

Today in the modern competition sportsmen and women are a 
race to excel other and competition has become a fundamental mode. 
Human expressions as competitive sports are one of the very important 
factors for which international recognition and prestige are gained.

In India women activities or sports is growing and it is to make 
scientific and would be comparable to other modes of life, significant 
change have occurred throughout the world during the past quarter 
century. In early day Indian women were discourage to participate in 
sports. But today India women have earned more glory than their counter 
part (men) in field of sports.

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9 A.T. Cheska, “Women’s Sports-The Unlikely myth of Equality, A Socio-Psychological and 
Kinaanthropometric Approach” (Basel S. Karger 1981) P. 3
The Manipur state is very small state, which locate in corner of
north eastern region. The total populations of Manipur are 23, 88,634 and
and females population are 1,181,296 only 23.88% are staying in urban
area, other 76.22% were staying in rural area, and 59.70 of females are
literacy.

But Manipur is one of the most popular state in India in games and
sports. The people of Manipur are proud in the field of sports and games.

“Sports is the only area where the Manipuri agrees not to disagree”
Nothing perhaps, sums up the enduring predicament of the athlete from
Manipur, or even the north east, better than this off the cuff remark by a
local. The statement itself is loaded with contradiction. Because, sports
has flourished in this strife- ridden state. Thriving despite violence,
economic crisis and the centers blend eye on Manipuri people.10

Further the Manipur are proud of their girls in field of sports and
games. And they have also the high attitude in participation of their girls
and women, in various sports. The Explosion of women sports is amazing
in National and international level. But Manipur state is still an under
developed state in India. The state is very poor socio-economic condition,
despite violence, less budget from center, no sponsor from big
companies, less facilities for sports, Disturbance by Indian army due to

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Arm Forces Special Power Act1952, Disturbance from Underground group, A professor of Manipur University point out the reasons why sports has come to mean the reason d'être for the youth from Manipur. "The state has been a case of urbanization without Industrialization. The agricultural sector too has been poor.

Sports have become an industry and Manipur is seeking return from it. Apart from IT, Media, Sports is at the forefront of all this" 11

The production of Sports women is very high in National and International level. So, on the basis the present sports scenario of Manipur and personal experience and knowledge, scholar wishes to find out the causes of popularity of women sports in Manipur.

Hence, the research scholar intends conducts an analytical survey, Manipur women are excelling in sports and games. In the survey the scholar have interact with all the people who had closely with women sports in Manipur.

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11 Siddhart Saxena, "The Sun always Shine On Manipur" (Santay Times of India, 25th feb, 2007)p22
Statement of Problem

The purpose of the study was to find out the reasons or causes of the explosion of women sports in Manipur.

Delimitation

The study was delimited to the Manipur women who are have represented India or won medal in National championship in the following games/sports:

(a) Football    (b) Hockey    (c) Boxing
(d) Weight Lifting    (e) Cycling    (f) Judo
(g) Fencing    (h) Fencing    (i) Teak-won-do

(j) Athletics

ii. It was further delimited to the following people who have connected with sports in Manipur:

(a) Office bearer of Associations and Federations

(b) Coaches and SAI office bearers

(c) Former-Players

(d) Sports Journalists
Limitation

(a) Some of the subject might have hesitation in confidentiality of response.

(b) Due to the lack of communication advantage questionnaire cannot be distributed to each and every corner of the state it is also considered as a limitation.

Definition and Explanation of the Term

Sports

1. It comes from “Disporter” meaning, “Carry away from work” a competition activity, pastime involving Physical Exertion.\textsuperscript{12}

2. Sports an event held by a school or club at which there are games and competitions such as running, jumping and throwing.\textsuperscript{13}

Explosion of Sports

The term means, that sudden increase or outburst in sports performance at National and International level.

\textsuperscript{13} Macmillan English Dictionary, (Macmillan Publisher’s Limited) 20006 P, 1381-1382
Survey

1. It is the technique of descriptive research that seeks to determine present practices or opinion of a specific population taken from questionnaires, interview or normative survey.\(^{14}\)

2. A descriptive study describes and interprets what is. It is concerned with conditions or relationship that exist, opinions that are held, process that are going on, effect that are evident, or trend that are emerging.\(^{15}\)

Manipur

It is a state of India, Which is located in Northeastern Region, Just at boarder of India and Myanmar. It is the state surrounded by Assam at West, Nagaland at the North, and Mizoram at the South.

Manipur is very small state, the total population are only 23,88,634. The chief language of Manipur is Manipuri. The Loktak Lake, Keibul Lamjao and the Orchid yard at Khongampat, etc are major attraction of tourist.\(^{16}\)


\(^{15}\) Dr. M.L.Kamlesh, “Methodology of Research in Physical Education and sports”, (Metropolitan Book Pvt. Ltd) 1986, p. 151

\(^{16}\) Manorama Year Book 2006 (Malayala Manorama) P. 625-626.
Significance of the study

1. The study may help in bringing out the fact and figures of women sports in Manipur.

2. The finding of the study may source as a guideline to all who are concerned with women sports.

3. The study may aid in improving the standard of women sports in Manipur.

4. The study may help in popularizing women sports in the country.

5. The finding of the study may help for making policies and programme of women sports.

6. The finding of study may help to find causes of poor performance as well as good performance in women of Manipur.