Chapter-V

SUMMARY, CONCLUSION AND RECOMMENDATION

Summary

Sports is the heart of any society. It saves to improve life and the social order. Today more nation compete in the Olympic Games then the member of nations affiliated to the United Nations. Throughout the world sports has a popular appeal among people of all ages and both sexes.

The women sports start with conditions as they are, and moves forward goals. 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 sports in the present century definitely in one of the most fascinating topic.

There are myths related to females physical and psychological, masculinization, the female’s monthly cycles, pregnancy, the females physical and psychological limits of performance capacity. Most of this belief are rooted in long socio-cultural attitudes. So, there are nations which actively oppose any competitive efforts from women.
In the past few decades, women sports have gained tremendous popularity all over the globe. In India as well, women sports are growing. In early days, Indian women were discouraged to participate in sports. But today, Indian women have earned more glory than their counterparts (men) in their fields of sports.

Manipur state is a very small state, but Manipur is one of the most popular states in India in terms of games and sports. Though this state is still an underdeveloped state in India, but the large number of sportswomen is very high in National and International level, and many of them have contributed to sports.

So, on the basis of the present sports scenario of Manipur and the personal experience and knowledge of the Research Scholar, the Research Scholar wanted to find out the cause of the popularity of women's sports in Manipur. Therefore, the Research Scholar undertook the present study entitled, “Explosion of Women Sports in Manipur – An Analytical Survey”.

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

For the purpose of the present study, the research scholar investigated selected women players who have represented India or won Loria at National level in football, hockey, boxing, weightlifting, judo, cycling, fencing, teak-won-do, and athletic. The other subject involved in
the present study were Ex-player, Office Bearer of Sports Association, Sports Journalists and Coaches and SAI Office Bearers. A total of 370 subjects were used as subjects for the purpose of the study.

The research scholar used questionnaire method, and study of literature to collect relevant information for the purpose of the study. Questionnaire method was use to all subjects with 41 statements. All the statements were objective type of questionnaire with “Yes” and “No” options.

For the purpose of the present study the following aspects were selected for the preparation of questionnaire:

(a) Social Support  (b) Opportunity and Incentive Support

(c) Organization Functions & Sports Policy

Total 380 questionnaires were administered through personal contact and mail, only 370 responded. The responses were categorized according to purpose of the study and results were drawn in term of descriptive technique of percentage and Chi-Square with .05 level of significance of each statement.

After the analysis by using descriptive technique of percentage and Chi-Square. The reason or causes of explosion of women sports in Manipur was socially and traditionally encouraged for women
participation in sports to participate the games, well supported from parents and associations, regular organize the competition, available better employment scope, equal status with their counter part (man), Women had take advantage of anatomical structure in games and sportswomen had available of standard sports facilities.

It was also reveal that, it required to improved the standard infrastructure, more budget for sport, training must be systematic. The functioning of association to be more effective. In college and school physical activity and physical education should be kept as compulsory subjects.

**Conclusion**

Within the limitation of present study the following conclusions may be drawn:

1) Social status of successful sports women encourage Manipuri women seriously take up games and sports.

2) In Manipur tradition and social environment is highly supportive for women sports.

3) Parents are also encourage their daughter to participate the sports, and parents also provide every form of support required for sports participation and training.
4) Manipuri folklore of heroic women was also serve as and ideal motivating factor to take sports.

5) Manipuri women has equal status to their counter-part men.

6) In Manipur there has no any social discrimination exit against society.

7) Structured and Physical feature for Manipuri women have suitable for sports.

8) The Manipuri women have to take up sports for job security and secure career. And also the prospect of getting job is one of the main reasons to participate in sports.

9) Manipuri society have also culture and tradition of sports participation.

10) Women have more success in sports than male sports person and Manipuri women have dominating Indian women sports.

11) The success of Manipuri women at National and International arena has encouraged other Manipuri women to take up sports. Manipuri sports women like N. Kunjarani Devi is role model other for Manipuri women.

12) If given a opportunity Manipuri women would prefer other profession over sports.

13) In rural area as well women sports is very popular.
14) Social recognition also a very strong vector for Manipuri women opting sports.

15) Manipuri women has participate in sports for sports scholarship, financial support etc. from govt.

16) The availability of standard sports facility have encourage Manipuri women to take up sports.

17) SAI have contribute good number of sports facilities for Manipuri women player.

18) In Manipur compulsory Physical Education programme in school and college have made significant contribute in developing sports in women.

19) Central Government agencies like SAI's sports schemes have contributing in sports talent development.

20) All Games Association have affiliated to the Federation.

21) In the State Sports Association there is very few political leader are involved. And players are not much satisfied for functioning of sports body.

22) In Manipur Sports Ministry was considered a important department in Ministerial cabinet.
Recommendation

In light of the above-mentioned conclusions drawn, on the basis of extensive research done on explosion of women sports in Manipur, following recommendations are given:-

1) It is recommended that the tradition and social should be highly supportive for women sports.

2) It is recommended that the status of equal right and dignity should be kept on between male and female.

3) It is recommended that the Manipuri women should be given more job opportunity.

4) It is recommended that in rural area as well, sports should be promoted.

5) It is recommended that the availability of standard sports facilities should be promote to encourage Manipuri women to take up sports.

6) It is recommended that SAI should be promoted more facility for training.

7) It is recommended that in the schools physical education and sports should be keep as compulsory subject. And further there should be opportunity for training for all students at grass-root level.
8) It is recommended that the state sports department should regularly conduct sports meet and the maximum number of teams should be sent for National competition.

9) It is recommended that the political leader should be not be encouraged to involve in Sports Association.

10) It is recommended that the Association should act properly for satisfaction of the players.