CHAPTER V
SUMMARY, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

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SUMMARY, FINDING, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY:

It was observed by the Research scholar that the participation of women players and athletes has decreased tremendously. The Researcher herself being an athlete of national and international standard experienced this decrease. The grounds and play fields which were full of players in the past twenty years are new experiencing dearth of players and the sports associations are also not getting players in the number in which they were getting during last 3 decades. Therefore the researcher conducted a project study of participation of women’s teams in Inter University Tournaments and in inter-collegiate tournaments. The conclusion of these studies is that though the number of Universities has increased, the participation of women’s teams has not increased in due proportion but decreased. In the second study of inter-collegiate tournaments, it was observed that the number of colleges affiliated to the University has increased but the number of women’s-teams participation has decreased. Therefore the research scholar decided to locate the causes of this decrease in women’s participation in sports and games.

The problem which was selected by the researcher for study was “To locate the causes of poor participation of Indian women in sports and games.” After selecting the topic for study the researcher in consultation with the guide prepared a questionnaire which was sent to the experts in Physical Education for their remarks and suggestions. After getting remarks and suggestions a final questionnaire was prepared, for collecting the data, from women players and athletes of our country.
The researcher considered five main factors in the questionnaire on which the opinions of women players and athletes were asked. These factors were sociological, psychological, physiological, economical and other factors (such as political, cultural and religious).

To test the reliability of the questionnaire a ‘Pilot Study’ was conducted by the scholar on one hundred women players and athletes. The reliability was calculated which was .96 and the questionnaire was found highly reliable. Two thousand copies of the final questionnaire was got printed.

The researcher wrote request letter to all the Directors of Physical Education of Universities/District Sports Officers for sending the addresses of the women players of their states. After receiving the addresses, the questionnaires with a request letter, and self addressed stamped envelops, were sent to two thousand women players and athletes throughout the country.

The response was very poor in the beginning. Therefore, the researcher sent a reminder to these players, but could not get any reply. Therefore the researcher decided to visit personally various Inter University, All India Tournaments to collect the information of the women players and got the questionnaire filled up. The researcher also visited, various conferences and seminars which were organised on all India basis, to collect the data.

After collecting the questionnaire the tables of tallies, were prepared to calculate the means of the scores of the opinions. The Likhert attitude scale was used. In this for one opinion of one factor 5 options were given, strongly agreed, 5 points, agreed 4 points, not decided 3 points, disagreed 2 points and strongly disagreed 1 point. In each factor different number of opinions were asked. In sociological factor ten opinions were asked. In psychological factor, eleven
opinions were asked, in physiological factors eleven opinions were asked, in economical factors four opinions were asked and in other factors only three opinions were asked.

The 17 states were clubbed into four zones that is North, East, South, and West zone. The states falling in the northern region, were clubbed into north zone. The states of eastern region were clubbed into east zone. The states of Southern region were clubbed into South zone and the states of western region were clubbed into west zone.

This was done because the Environment, social background, economical condition, culture and other factors are different in all these regions. India being a vast country with different types of culture and religions, the states were clubbed into four zones.

The Tables for statistical analysis were prepared. First the chi-squares were calculated for pair of zones to see the effect of components on the zones, that is to test the independence of attributes. Then the effect all the components on all the zones was also seen by applying chi-square test.

The F test was also applied for testing the effect of the components on the zones. For each component and effect on each zone it was applied. The variability of two zones was also tested by application of F test.

ANOVA was also applied to all the components and zones to test the homogeneity of several means and the effect of all the five components that is factors (sociological, psychological, physiological, economical and other) on the participation of women in sports and games of the
zones. Critical difference was also calculated to see the effect of different components on different zones and serial order of effect, means which component is affecting the zone maximum and other component’s effect serially.

After the application of these statistical methods, each Table was discussed as per hypothesis of the study.

The research scholar also thought it fit to conduct various project studies on those topics which the scholar thought, are playing important roles in decreasing the participation of women. These project studies were given in following lines.

i) Participation of women teams in Inter University Tournaments.
ii) Participation of women teams in Inter Collegiate Tournaments.
iii) Infrastructure facilities available in Indian Universities.
iv) Physical education teachers attitude towards women participation.
v) Awareness of Physical Education Teachers about legal liabilities.
vi) Physical Education Programme at the Primary School level.
vii) Status of women players in the job.
viii) Opinion of Physical Education Teachers for poor participation.
ix) Knowledge of Physical Education Teachers about their profession.
x) Effect of menstruation on the performance of women players.

The scholar conducted study to see the effect of all these factors on women's participation.
The scholar also collected information regarding participation of the women players in the Olympic games since 1980 to 1996, and it is surprising that in 1980 the women participation was 20.33 women per country. In 1984 the women participation decreased to 16.67 women per country. In 1988-18.68 women per country in 1992-19.91 women per country and in 1996 the women participation was 21.45 women per country. This indicates that there is a decrease in the participation of women in Olympic games also and the Olympic Committee is worried about the Islamic countries who are not bringing their women-teams for participation. This information is collected by the scholar from the Olympic head-quarter at Lausanne Switzerland.

The above methods were adopted by the scholar for gathering information about the study and after statistical analysis of data the following finding were drawn.

1. By applying the chi-square test to see the effect of sociological factors on the states of different zone it was found that the sociological factors are not affecting the participation of women in sports and games of all the states in east, south and west zones. The effects of sociological factors of these three zones are insignificant.

2. The sociological factors are affecting some of the states in north zone. The state of Uttar Pradesh is affected by the sociological factor. In this state the society is not that much in favour of participation of women in sports and games. As society has favourable attitude for women's participation in the states of Punjab, Delhi, Haryana and some districts specially near Delhi. Therefore in these states the society encourages the women participation in sports and games.

3. The second factor which was considered in the opinionnaire was psychological factor. The chi-square test was applied to see the effect of psychological factor on the states of all the zones and it was found that the psychological factors is not having any
significant effect on the women's participation in sports and games. The psychological factor does not have any significant effect on north, east, west and south zone states women's participation in sports and games.

4. The Fourth factor was physiological. The chi-square test was applied to see the effect of physiological factor on the women's participation in sports and games of the states of all four zones and it was seen that there is no significant effect of physiological factor on the participation.

5. The fourth factor that was considered was economical factor. Chi-square test was applied to see the effect of economical factor on the participation of women of all the states of all the zones and it was observed that there is positive significant effect of the economical factor on all the states of all the zones. This factor put some restriction on the women's participation in sports and games.

6. The Fifth and final factor which was considered in the opinionnaire was other factor in which opinions on political interference; cultural background and religious restriction were collected from the women players and athletes and it was seen that by applying chi-square test, F test and ANOVA, the effect of these factors are significant and due to these factors the women hesitate to participate in sports and games of all the states of all the zones.

5.2 Findings of the project studies:

The project studies in support of the main study to locate the causes of poor participation were conducted by the scholar and the findings of these studies are given below.

1. The first study was regarding the participation of women teams in interuniversity tournaments since 1983-1984 to 1995-96 and it was found out in this study that the
number of universities increased but the participation of women teams decreased.

2. The second study was conducted on the participation of women teams in intercollegiate tournaments and the increase in colleges. Since 1987-88 to 1995-96 it was seen that the colleges have increased in number but the participation of women teams has decreased tremendously.

3. The third study was conducted for the infrastructure and facilities available in 101 universities in India and it was found that the facilities and infrastructures available in Indian universities are very poor and insufficient. There are no separate facilities for women teams. This may be one of the causes of poor participation of women in sports and games.

4. The fourth study was conducted on attitude of physical education teachers towards women's participation in sports and games and it was found that the physical education teachers and other teachers are not having favourable attitude towards the participation of women in sports and games.

5. The fifth study was about the legal liabilities of physical education teachers towards injuries, and it was found, that the physical education teachers are not having the knowledge of legal liabilities of them, towards the injuries suffered by the players while participating in sports and games. Therefore women players hesitate to participate wholeheartedly in sports and games.

6. The sixth study conducted was about the implementation of physical education programme in the primary level of education and it was observed that there is no implementation of the programme of physical education in primary schools in India and because of this the girls of primary schools are not motivated for participation in sports and games.
7. The scholar conducted the study regarding the status of the women players in their job and it was found that these women players are having good status in the job and they advocated about the participation of women in sports and games.

8. The study was also conducted on the opinions of the physical education teachers for poor participation of the women players in sports and games and it was found that due to lack of finance, lack of facilities, lack of interest, lack of interest of administrator and political interference in sports are the main causes for poor participation.

9. The ninth study was conducted on the effect of menstruation on the performance of the women players and it was found that before menstruation performance was good during menstruation the performance was not so good. But after the menstruation period the women's performance was better than the performance before menstruation.

10. The scholar also collected the data of the Olympic participation since 1980 to 1996 and it was found that in 1980 participation was good. In 1984, it was decreased, in 1988, it was less than 1980 in 1992, it was less than 1980 and in 1996 the participation of women per country had come to the line of 1980 participation but it was not very encouraging and the Olympic committee in its letter wrote that the Islamic countries are not bringing women teams to the Olympic games.

5.3 Conclusion of the study:

From the above studies and main study it was concluded that the sociological factors, psychological factors, physiological factors are not affecting significantly on the women's participation in sports and games of all the states of India. But the economical factor and other factors like political, cultural and religious are affecting Indian women's participation in sports and games. Other causes for poor participation of women which located here are -
1. Lack of sufficient facilities and infrastructure
2. Lack of motivation
3. Lack of knowledge of the profession and legal liabilities.
4. Lack of programme of physical education from primary education in Indian schools.
5. Lack of Finance available for sports
6. Lack of facilities in schools, college and Universities
7. Lack of interest of students and parents.
8. Lack of Sound policy of sports
9. Political interference
10. Varied cultural background

The above are all the causes located by the scholar from this study. Even the studies conducted in developing countries on the women participation in sports and games by the scholars, advocated the following reasons which are not encouraging the women participation.

Leonard A. deVries had conducted a study regarding “The Muslim women of Malaysia and Sports”. In his study he found that Malaysian women are taking their places beside men in all aspects of Malaysian life. Women are better educated and their lives in general have changed, however traditional values relating to their role in society, reinforced by religion still exist.

1 Leonard A. deVries Malysian Association for Phy. Edn., Sport Science and fitness. “Reflection Muslim women and sport in Malaysia”. ICHPER-SD Journal Vol.XXXVI, No. 1, Fall 1997 1900 Association Drive, Reston, Virginia 20191, U.S.A.
The Muslim woman have more passive role than the muslim man. Her most important role is in the home with her children and husband. These traditional values influence Muslim women’s participation in sports and physical activities all over the world. He recommend the following factors to improve the Muslim women’s participation of Malaysia.

1. Sports fitness education
2. Concept of femininity
3. Human resource development in sports
4. Facilities and dress
5. Rewards and incentives
6. Dispelling myths about women in sports.

Josefin Bazotf of Philippine sports foundation had given results of her study “Challenging, the challenges of 21st century challenges”, in Philippines or in any other third world country, full participation of women in sports is being derailed by lack of comprehensive programme of actions to provide, equal access and opportunities, coupled, of cause with strong cultural prejudices against women.

All programme have to address continually increasing needs of women participation of balance it with social, cultural, physiological, economical conditions of women existing in every particular area.

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Maria Beatriz and Rocha Ferreira\textsuperscript{1} of H.P. University, Brazil had presented in their study "The future of women and sports in Brazil", that -

1. Lack of professional knowledge from teachers and lack of knowledge from students are far more common than believed.
2. Contrasts and inequalities in Brazilian society are basic issues to take into consideration.
3. There is variety of ethnic groups and different social economic classes in the country besides the biocultural characteristics of age and gender.
4. The entities related to sport should give more emphasis and recognition for women from both financial and psychological stand points.
5. Media may contribute for emancipation of women in sports.

The future of women in sport in Brazil depends on the society, but mostly of themselves and the struggle must go on.

Joan M. Fry\textsuperscript{4}, Charles strut University, Sydney, Australia had presented a paper in 40th ICHFER-SD congress on “The Olympic games-2000, women and sports in Australia” and he made the following recommendations to Sydney Organising Committee for the Olympic games and also the

\textsuperscript{1} Maria Beatriz Rocha Ferreira H.F. University Brazil., “The future of women and sports in Brazil”. ICHPER-SD Journal Vol.XXXXVI, No. 1, Fall 1997. 1900 Association Drive, Reston, Virginia 20191, U.S.A.

Australian Olympic Committee developed the following policy objectives for women participation.

1. Equal opportunities when developing, updating or delivering AOC Programmes, policies and projects,
2. Management structure and
3. Women to lead and participate in Olympic movement. The immediate action plan to get more women involved in is to have,
   i) Female ex-athletes as sport administrators,
   ii) greater coverage for women in Olympic publications,
   iii) fair representation on committees and commissions from member sports, and
   iv) initiative to add women to policy.

In the above four studies which were presented by scholars of these developing countries, concluded the same causes for not giving opportunities to women participation in sport. This is the condition throughout the Globe in developing countries. India is also to be considered as developing country and the same type causes are also located by the scholar in this study also.

The following recommendations are made for improving the participation of the women in games and sports.

5.4 Recommendations:

1. It is recommended that economical support must be made by the government and private agencies for women’s participation.
The political interference in games and sports must be withdrawn for improving the participation in games and sports.

In cultural functions stress on women's participation must be given to motivate the women to participate in sports and games.

The religious barriers shall be relaxed for women to participate in sports and games.

It is recommended that sufficient facilities and infrastructure shall be provided by the government to motivate the women's participation.

It is also recommended that the professional personnel in the field must improve their knowledge about the field.

Sufficient finance must be made available by the schools, colleges, universities and by Government for participation in sports and games.

Separate facilities for women's games and sports shall be provided by schools, colleges and universities.

The parents of the women students must be motivated to encourage their daughter to participate in sports and games.

The Government of India must prepare a sound policy for women's sports and special incentives shall be provided for the women players and athletes, to encourage and motivate the other students participate.

Academic burden of the women students shall be reduced so that women students can take part in sports and games.

5.5 The recommendation for further studies:

The same type of study also can be conducted on men's participation in sports and games.
2. The same type of study can also be conducted for school level of students participation in sports and games.

3. The study also can be undertaken on the tournaments and participation of teams in the tournaments organised by Associations and Federations.

4. An international participation of women players in sports and games also can be handled.

5. The causes also can be traced out for less participation of students in physical education activities.

And many more studies can be conducted on the similar type of subject. What the scholar wants to recommend here is that there are hundreds of personnel working in this profession and also number of association of physical education, sports and games are functioning in the country. If they work for the profession through the researches and for development of profession, then a day will come when this profession will enjoy the highest status in India.

With this I conclude my study to locate the causes of poor participation of Indian women in sports and games.